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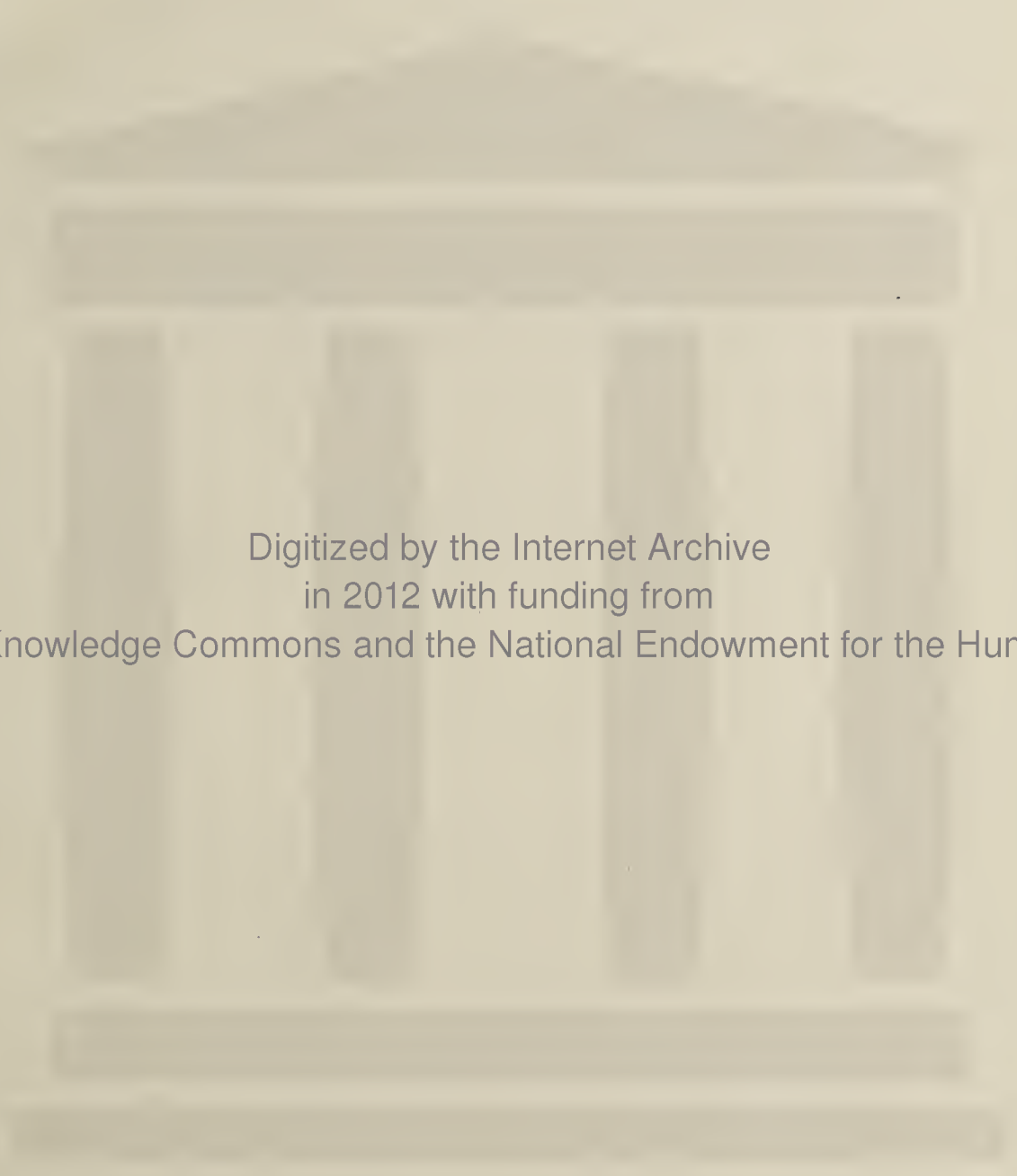
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# SCIENTIFIC TEMPERANCE JOURNAL

(2)

— Continuing the —  
SCHOOL PHYSIOLOGY JOURNAL

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23-24

1913-1915

IF WE are going to get rid of the poverty, the bad housing, the dirt, the recklessness, the lax morals, the brutality of the slums, we must certainly remove these people from the drink trade or the drink trade from the people. Very much else, indeed will remain to be done. But until we deal very drastically with the drink, all other reforms will be either impossible or futile.—*Lord Bishop Lincoln.*

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## An Unexpected Demonstration

**I**N THE town of Hainburg, Austria, peopled by about 7,000 inhabitants, is a brave little band of twenty-seven Good Templars who thought to promote the cause of abstinence by inviting a teacher to speak to the parents about the danger of giving alcohol to children. The liquor sellers heard of it, got together and brought pressure to bear on the owner of the only hall in the town so that he refused the Good Templars the use of the hall.

The outcome was much worse for the liquor people than they expected, for the twenty-seven doughty Hainburgers carried their case to friends outside, with whose help they got up a big demonstration and marched through the streets of the city with banners flying, in a way that made all the citizens stand at their windows to take notice.

The evening before the appointed day a "Wandervogel" band of fifty abstaining students came in by boat and marched through the town, and after an evening of song and music camped all night to be ready for the next day's proceedings. Next morning a company of 300 abstainers came down by train from Vienna, and others came in by boat. The street parade, which was led by the sunburned "Wandervogel," ended with an out-of-door meeting of about 1,000 with music, singing and speaking during which the townspeople heard some plain facts from the outside doctors, professors and teachers who addressed the gathering.

*Der Alkoholgegner*, (July 15, 1913) gives the following partial report of the remarks of one of the speakers, Schoolmaster Lang of Vienna: "Proof of the greatness of the alcohol danger has been obtained from the experience of civilized people by great mass-experiments. They have given themselves up to the use of alcohol and millions of them have been carried by it into their graves. Thousands more are being carried there by it today.

"But the most fearful sufferers are the children, not only because they are themselves led into drinking, they suffer before that. Education cannot make out of children what it would because the individuality of the child is already determined by conditions which the children get from their parents. Parents who are saturated with alcohol poison their children in the germ. They determine in them conditions against which education is powerless. . . .

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Founded by Mary H. Hunt

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"If any one doubts this let him come with me to Keirling. There in the hospital you will see children who will make your heart ache. Deafness, blindness, deformities, nervous convulsions, feeble-mindedness, idiocy, all these you will see there in large numbers of innocent children.

"What is the source of all this wretchedness? Fifty per cent. of these sufferers have to thank the alcoholism of their parents for their misery. But these are only the crassest cases. Between these and normal ones are millions in intermediate states. These all suffer in consequence of the use of alcohol by their parents, though so much less that it is not necessary for them to be in the hospital.

"The children also suffer from alcohol directly. They are often given it while yet in the cradle. They hear alcohol praised as a care-breaker and a pleasure-bringer. At every celebration they receive alcohol. It is associated with every festive occasion and the children get the impression that it is indispensable. Such children degenerate and are not able to keep step with normal ones, and in these weakened ones is slowly formed an inferior character. . . .

"Who is to blame for all of the alcohol misery? Not those alone who always drink immoderately. The immoderate drinker grows out of the moderate one. Every one who drinks must say to himself: 'I am also to blame that the source of this misery keeps continually flowing.' Here is where the voice of social conscience must make itself heard."—*Translated for the SCIENTIFIC TEMPERANCE JOURNAL.*



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# Scientific Temperance Journal

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## "As Ye Would"

By GEORGE W. PRIEST

A song of those within the desert places—  
The dull, the strange, the erring of all lands;  
Who face the future with despairing faces,  
And stretch forth pleading, unavailing hands.

The heirs of poverty, the slaves of weakness,  
The arrogant who will not heed commands;  
The spiritless who wear a coward's meekness,  
The desperate who spill life's creeping sands.

Oh! holders of the prized and vantage places,  
Oh! sharers of the peaceful, happy days,  
Oh! scions of the wise and favored races,  
Oh! revelers along the sunny ways—

I beg a moment's pause, with earnest faces,  
That common blood and Fatherland demands;  
A prayer for those within the dreary places  
Who stretch forth pleading, unavailing hands.  
—Collier's.

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## Alcoholism and Divorce

THE mental partnership of married life is interfered with by alcoholism seriously and regularly. From the standpoint of science the word alcoholism includes all the changes physical and psychical which arise if alcohol exercises its toxic effect upon the human constitution either for a limited period only or permanently. The limited effect produces acute alcoholism; the continued or long-lasting effect, chronic alcoholism, the intoxication that is described in Kraepelin's words, "Every one is an alcoholic in whom the after-effects of a drink of alcohol have not yet disappeared by the time the next one begins."

From these observations showing in its true light the significance of alcoholism, it follows that the intelligence as it affects a sensible mode of living is bound to suffer severely from the effects of alcohol.

Expressed in occurrences of our daily life, the results of the investigations by the Heidelberg observers really mean only that the alcoholic of a lower degree, as long as he is under the immediate influence of alcohol, frequently dazzles, by his quickness of repartee, his wit, and his ingenious ideas, but that he lacks the power of quiet discrimination, and what is rightly called "sober" common-sense. The superficial brilliancy which he owes to the action of alcohol imposes, perhaps, upon people to whom he is not bound by close ties, but the married partner who has to share with him the serious side of every-day life, with whom he has to discuss points of the highest moment, is only estranged from him

even by this mildest of the results of intoxication.

This estrangement increases if larger quantities of the poison begin to exercise their effect, thus still more hindering and impeding the free course of common-sense. When things have gone so far, other results generally manifest themselves which gradually transform the personality in a very unfavorable sense.

In its mildest degrees, this transformation entirely escapes for a time, perhaps, the attention of the superficial observer, but it is, nevertheless, apt to loosen very sensibly the tie of the matrimonial union.

To the extent to which thinking becomes permanently difficult, the faculty to grapple with serious and practical problems is impaired, and the harder it becomes to pass quickly from one subject to another, so the sphere of interest becomes narrower and narrower. What mental work can still be executed is devoted merely to the unavoidable duties of the vocation, and these are frequently discharged in a half-mechanical manner. The husband who formerly stimulated his wife mentally, now hardly shares her daily worries.

Nor is he longer amiable to her, as he does not feel comfortable at home. He experiences the mental restraint as a burden which bows him down, and it drives him to the public house where, though the restraint itself does not leave him, the feeling of it does.

A certain contrast to this dullard is another type, the alcoholic neurasthenic. In some individuals, especially such as are



nervously predisposed, alcohol creates from the beginning an irritable weakness of the nervous system which presents quite a different picture from the dullness described, but which is at least just as injurious to married life.

An inner unrest and sadness appears, there is a sensitiveness which renders unbearable every contradiction, every noise which the children make, and an incapacity to persevere with one's work. The husband demands from the wife consideration which goes beyond all reason, while he on his side, treats her, when in a bad mood, with a harshness amounting to brutal callousness.

These two forms of mental change may form a combination under certain circumstances. They have both alike the result

of leading to a relaxation of the mental partnership of married life. Both tend to aggravate the desire for alcohol. The dullard hopes to derive stimulation from more alcohol; the nervous alcoholic thinks that more drink will act as a sedative.

The next stage brings a still far greater destruction of the moral companionship of married life. There is an extinction of all sense of right and wrong, of decency and shame. Self-control and affection disappear completely. The drunkard boasts before strangers about the intimacies of his married life; he neglects his family; he sinks, with respect to his mode of life, below the level of culture from which he started. This stage of alcoholic intoxication has an extremely close relationship to the decadence leading to crime.

### The Doctors' Greatest Responsibility\*

BY MRS. MARY SCHARLIEB, M. D., M. S.

THE responsibility of doctors toward their patients is always great, and one of their weightiest responsibilities is that of fostering the moral well-being of those who put themselves under their care. But probably the greatest responsibility that we are called upon to bear is that which devolves on us when we assumed charge of women who are, or who are about to be, the mothers of the land. Upon the health of their bodies, and upon the integrity of their moral and spiritual nature, depends not only the welfare of their children and their homes, but the still larger and more serious extension of the family which we know as the nation. When we reflect that our national expenditure on alcohol amounts to something like 160,000,000 pounds (\$800,000,000) per annum the figures appear to us to be appalling. The needs of the army and navy expenditure upon philanthropic works and upon missionary enterprise are entirely dwarfed by this gigantic expenditure. Great as is this waste of money, and great as the injury to the commonwealth thus caused, the most serious and the most regrettable effects of alcohol are to be found among the women of the land. We are told that the increase of the drinking habit among women has far outstripped the increase among men, and on no class of women does the penalty for excessive use of alcohol fall with such disastrous effect as on those who are of child-bearing age.

#### THE CHILDREN PAY

THE evil effects of alcohol on child-bearing women fall not only on them but on their children. It has been said that every individual comes into the world with his fate written on his forehead, that virtually his fortune whether of good or evil is settled before he attains to independent existence. How far back the influences which make him what he is is and what he will be may extend it is useless to inquire, but we are perfectly certain that all these influences are intensified and become potent during his prenatal months. The offspring of alcoholic parents are frequently lost before the embryo comes to maturity; the number of miscarriages being especially large when the mother is alcoholic, while the children that are born to such mothers have to contend against two sets of deteriorating influences; first, they start in life with badly nourished tissues and poor constitutions, and second, the inability of many alcoholic mothers to suckle the children increases the difficulty of rearing them.

Knowing what we all know in reference to alcohol, that it is poison just as truly as opium, strychnine, and arsenic, ought we not to use our undoubted great influence over the child-bearing women of the country to induce them to take those things that are profitable for them, and to abstain from such a thing as alcohol, which cannot but be deleterious. For three months even the strongest of women has her constitution

\*From an address delivered at the British National Temperance League's 43rd Annual Breakfast Conference (July 24, 1913)



strained to the utmost, and we of the medical profession should make it our special duty to protect her from the evil advice of foolish mothers and grandmothers, and other Sairy Gamps of that sort who might suggest a little drop of brandy.

#### SOCIETY ALSO PAYS

GREAT interest has been taken of late years in the question of infant mortality, and it is a well known fact that the death-rate among infants in Great Britain has not fallen in the same ratio as the death-rate among adults. The heavy mortality among infants has many causes, and among them the frequency with which mothers are of alcoholic habits. According to the researches of Dr. W. C. Sullivan some 55 per cent. of the children of alcoholic mothers are still-born or die before attaining their second year. Nor is this high rate of mortality the end of this grievous story, for of the children which survive infancy some 4 per cent. are epileptic, and many more have the peculiar degeneracy of brain and nerve that supply the sad army of the mentally defectives. The country is only now waking up to some idea of what the constant recruiting of this army means. Year by year the taxpayers are called upon to feed and clothe a number of individuals who, far from being able to take their share in bearing the country's burdens are nothing but a drain upon its resources. It is from these mental defectives that the largest proportion of criminals arises. It is to be observed also that the feeble-minded having less comprehension of the difficulties of life and less sense of responsibility, tend to marry early and to have disproportionately large families.

(Continued on Page 9.)

#### Alcohol Not a Stimulant

By DR. W. A. CHAPPLE, M. P.

SIR LAUDER BRUNTON, in his classical work on *Materia Medica*, says alcohol is a nerve cell paralyzant paralyzing the nerve cells in the inverse order of their development. This has never been disputed. It is confirmed by every competent observer. It is confirmed by common experience. Every action of alcohol in the body is primarily paralytic. When the face flushes after a dose it is because the alcohol has paralyzed the vaso-motor brain centre that presides over the muscular layers of the blood vessels. These lose their tone and the vessels dilate and engorge with

blood. Because the resistance to the blood current is gone the heart bolts as a spirited horse would bolt if we cut his reins. This quickened heart-beat is the phenomenon which has deceived the profession as well as the laity, and is responsible for the now exploded dictum that alcohol is a stimulant. We have studied alcohol too long and too carefully to be under any illusion about it now. It is a depressing poison. Its only virtues are that it gives a passing sense of relief and makes money for those who sell it. But if it kills a moment's care, it wakes an hour of sorrow. I find that Guy's Hospital, London, spent 1,576 pounds on alcohol in 1871. This had dropped to 151 pounds in 1911. If it is food it is a food that our great hospitals now manage to do without, while the hospital death-rate goes steadily down.—*Exchange*.

#### The Leak in the Social Welfare Funds

THOSE of us who complain of the high cost of living and the burdens of taxation necessary to secure some desirable or necessary institutions may well ponder over and apply locally the following facts suggested by Dr. Mary Sturge in a recent address at Brighton, Eng., and reported in a July *Alliance News*.

Brighton and Hove, with a population of 180,000, spend \$2,980,000 a year in drink. The many things that could be achieved by that huge sum toward social betterment and amelioration are outlined as follows:

ANNUALLY	
\$15,000 a week by parents on good food for children instead of on beer for themselves	\$780,000
\$5,000 weekly on clothing, etc., ditto	260,000
Civic pure milk supply	250,000
Open Air school and class rooms for all, for summer use	100,000
More school teachers	50,000
Children's summer outings and games	50,000
Many more open spaces and playing fields	250,000
Fetes, bands, transit	50,000
Housing reform	500,000
Convalescent Homes	50,000
Maternity endowment	50,000
Children's Curfew scheme (7 and 8 p. m.)	15,000
Relief taxes	275,000
Total	\$2,980,000



## What Came of Disobeying the Priest

Although warned by their faithful old priest that defective children were likely to result, love conquered sanity, and Kate married drinking Matt Ryan hoping to reform him. Matt tried hard to keep sober but only partly succeeded until *their little* son was born. In this chapter, taken from *To-Day's Magazine*, the spectre of drink becomes a reality. *To-Day's* received many letters from drinker's wives testifying that this is true to life. Other chapters will follow.

**T**HOSE first two weeks of the baby's life were very wonderful ones to Kate. It was well that she did not know what these same weeks were doing to Matt. With the first joy of fatherhood on him he had gone forth to show his pride to his world of men. And every man of his acquaintance insisted on having a drink with him! Every man save Father Michael. Even his physician employer treated Matt to a high-ball or two! And all Matt's months of struggle were submerged and lost.

Any wife who blames her husband, without reservations, for drinking, must realize that practically all the world of men encourages and abets him in his habit. She must realize that she is pitting her little voice against centuries of custom. Every man that Matt knew drank more or less and looked on his wife's attitude toward drink as due to the perversity and narrowness of women. It is not without its tragic aspect, the fact that the two most sacred events of a man's life, his marriage and the birth of his first child, should be chosen by his friends as the occasion to make him drink.

It is a sickening thing to think on that it should have been the advent of Matt's little son that started him to drinking heavily. By the time the little fellow was six months old, Kate had seen Matt drunk, had learned to look for his home-coming with that frightful sinking of the heart that only the wife of the drinking man can know. She tried talking to Matt both when he was drunk and when he was sober. He never was abusive in his cups, only silly and sleepy. Neither when in his cups nor out would Matt admit that he ever drank too much. Finally Kate went to Father Michael.

The old man shook his head with tears in his eyes. "You must fight it out as you can, Kate," he said. "I have done what I can. Only you and the good God can save Matt now. Be brave, Kate, and patient, and when you are resentful, remember that you went into marriage fully warned of this very thing."

Kate left the priest's house with little Billie clutched to her breast and her shoulders bowed as if to a load. Kate was only twenty-four.

Matt's loss of his position with the doc-

tor and his failure to hold another was of course only a matter of a few months. Kate closed her lips and squared her shoulders. She had made up her mind since her interview with Father Michael that until she could think of a decisive measure in regard to Matt's drinking she would say little to him. She rented a typewriter and did odd jobs of copying and with the little bank account and with Matt's desultory dollars they managed for a time.

Little Billie was only eleven months old when Kate's little daughter was born. The baby was two weeks old when the doctor (not Matt's former employer) and Father Michael arrived together. Old Father Michael exclaimed happily over the delicate beauty of the little girl. The doctor grunted. He, too, was an old man and had dealt as much with bodies as the priest had with souls.

"She's as fragile as a butterfly, this baby," grunted the doctor. He was holding the baby on his knees and looking at her with a scowl. "Mrs. Ryan had no business to have her!"

Kate gave the doctor a startled glance. Father Michael raised his eye-brows. "You wouldn't question God's wisdom, I hope," he said.

"Not at all," said the doctor briskly. "But I frequently question men's. Ryan has been drunk ever since the first baby came. This child's poor physique is a direct result of that fact. I repeat that they had no business to have her."

Father Michael rose in his agitation. "You should not make such remarks before a mother, Doctor Emmett."

"For Heaven's sake!" exclaimed the doctor. "Then who should hear them? The day will come, my friend, when women will know as much about having babies as the doctors. When that day comes, there may be fewer babies but they will be of infinitely better quality. And no drunken husband will be a father, then."

"It's too late to talk of that now to Mrs. Ryan," said the old priest. "She knew the risk before she married Ryan. I myself warned her. Now it is too late. She and her children must take the consequences."

Kate spoke for the first time. "Isn't my baby a good one, doctor?"

"Something's the matter with her nervous system, Mrs. Ryan," said the doctor quiet-



ly. "We find this condition frequently where the father is like hers. We will have to be very, very careful with the little thing." The doctor's hands on the baby were as tender as a woman's.

Suddenly Kate tossed her tired arms above her head. Her patient brown eyes were terrible in their anguish.

"Not this, too," she cried. "O God, not my little child!"

The two men looked at each other. Father Michael took both Kate's hands. "You shouldn't have told her this, doctor. No good can come of it," he said sternly.

Dr. Emmett replied quite as sternly. "Good *must* come of it. If I know Mrs. Ryan, she is the sort of a woman to be told. She is the type that will learn first that every child has the God-given right to decent parenthood and that parents who do not give this right are criminals. She must learn that motherhood is not a happenstance but a sacred privilege to be entered into voluntarily. Don't misunderstand me. I am not asking her to destroy life!"

The old man paused, then he turned from the priest to Kate. "Mrs. Ryan, I do not know whether or not this child will be an epileptic. I do know that you risk epilepsy or nerve trouble with every child you have while your husband is what he is. Mrs. Ryan, in the name of your unborn children, I ask you to do away with that risk. I ask you to leave your husband, take up your old work and raise the children you have in the fine way you are capable of raising them."

Father Michael, white-faced, started to speak, but Kate touched his hand.

"You must leave this to me," she said.

"Only a mother can decide this. Even the doctor cannot do it for me. It is a bitter thing to ask a woman to do."

Mrs. Slanskey came into the room, saying:

"Mr. Ryan is just coming in and he ain't quite himself."—*To-Day*.

### Alcoholic Heredity

A SIGNIFICANT case concerning the possible influence of alcohol as a cause of epilepsy is reported by Dr. Habernaas, of the asylum for feeble-minded and epileptics in Stettin, Wurtemberg.

A peasant who had had a number of normal children was appointed to an office where he had abundant opportunity to indulge in alcohol. During this time there were born to him three children, one an idiot, one an epileptic and one a micro-

cephalous (small brained) child. After a few years he gave up his office and returned to his former way of living. The next child was normal.

Another case reported by Dr. Habernaas is that of an epileptic 36 years old who was having frequent attacks when admitted to the institution. After treatment in which total abstinence was emphatically required, his attacks ceased for three months. Then he attended a family party where he drank beer, and an attack immediately ensued.—*Translated for the SCIENTIFIC TEMPERANCE JOURNAL. (Der Abstinenter Arbeiter, Aug. 2, 1913.)*

### Defective Offspring From Alcoholized Dogs

ANOTHER report on the results of animal experiments in alcoholic parentage was presented at the annual meeting of the German Society of Psychiatry in 1912.

For about a year and a half Dr. Pforringer, of Hamburg, gave almost daily to a number of dogs from 100 to 200 ccm. of 25-40 per cent. alcohol [average, equivalent to about 1.6 oz. of alcohol] according to the size of the animal.

The alcoholized animals of the first generation were backward in physical development, showed organic injury of the central nervous system, and there were premature births. Mentally they were stupid, reminding one of idiots.

The progeny of alcoholized animals were also backward in physical development, had epileptic fits and were born prematurely or dead.

The biological investigations of the blood serum and the cerebro-spinal fluid showed a moderate degree of lowered resistance in the red blood corpuscles. The bacteriological action of certain constituents of the blood upon typhoid fever germs was lowered as was the opsonic index.

Anatomical examination of the dogs revealed acute and chronic alterations in both the larger and smaller divisions of the brain. Hemorrhage was found in the central nervous system of all the alcoholized animals.

Changes in the cells of the great brain—cerebrum—were also found in the non-alcoholized descendants of alcoholized animals.

The experiments are being continued.—*Translated for the SCIENTIFIC TEMPERANCE JOURNAL. (Zesch.-f.-d.-ges. Neur. w. Psych. V. 5.)*

## Alcoholism and the Social Derelicts

By EDITH M. WILLS

**A**MONG the tens of thousands of persons that have visited the Scientific Temperance Exhibit since it was first shown at the International Hygiene Congress at Washington last fall, have been representative of all types of opinions and men.

One day the typical argumentative person appeared in the booth and expressed himself as fully agreeing with the evidence showing that drink seriously impairs muscle and mental working ability, causes loss of time, many accidents, excessive sickness, premature old age and death and some defective children, besides impairing foresight and ambition and absorbing most or all of the bread-winner's surplus money for the drink itself—in a word, is an important factor in producing each of the causes which result in poverty, pauperism, insanity and similar sociological evils.

But when he saw the charts showing that, according to the Committee of Fifty, drink is the cause of 25 per cent. of poverty, 37 per cent. of the pauperism, 46 per cent. of child destitution, and about 50 per cent. of the crime; that according to Rosanoff 25 per cent. of the disordered minds requiring treatment in insane hospitals is due to this same pleasure-poison, his mind seemed to slip a cog and he challenged these conclusions, bringing up among others, the time-worn argument that it is poverty that causes drinking, not drinking the poverty.

Most often these doubters deliver their opinions as though *ex-cathedra*. They have spoken and there is no need to stop for such a mere formality as the examination of the evidence. Occasionally, however, there is one who really cares more to know the truth than to preserve and defend his opinions. Then the demonstrator is glad to present the evidence.

As for the divorce figures showing that on the average about one in five or nearly a million divorces granted in the United States (1887-1906) was wholly or partly due to drink, they were based on United States government records and who could gainsay them?

Then she takes down the "Economic Aspects of the Liquor Problem" by Professor Henry Farnum of Yale to prove first of all that the precise figures challenged rest upon sufficient and reliable evidence. She points out that a few years ago the Committee of Fifty occupied somewhat the same position

the present objector does; they charged that the previous estimates greatly exaggerated the extent to which drink is a factor in these evils; a number of them believed in the so-called "moderate" use of lighter liquors and so used them; accordingly it is clear that while they did not intend to minimize the results they certainly did not exaggerate them.

Further, the investigations were carried out by trained workers during many months and covered the widest sections of country; extraordinary care was used to exclude all other possible factors than drink, all doubtful cases being ruthlessly weeded out. In a number of instances investigators actually did their work over to insure greater accuracy or because they could not believe the very evidence they had painstakingly gathered. It was significant, also, that some of these reported a much larger percentage of drink-caused poverty after they had made this rigid investigation than they had previously reported and frankly stated that they were now convinced that even the larger figures did not show the full influence of drink.

These findings of the Committee of Fifty were practically corroborated by several more limited but reliable investigations such as those of the Massachusetts Bureau of Labor Statistics (1895) and altogether they constitute reliable evidence showing that the continued use of such a drug as alcohol does result in sociological wreckage to a degree which many would be glad to blink.

No well-informed person denies the influence of other factors or that it is often difficult to separate them. When we say, e. g., that 25 per cent. of poverty is due to drink we allow 75 per cent. to cover all the other causes which admittedly result in dependence. Some of these, such as the losses due to old age, can never be entirely overcome; others but partially; this one based on no natural appetite or passion can be eradicated more easily than the others and thereby the whole problem be immensely simplified.

But no good lawyer rests his case in court on one section of evidence even if it be unimpeachable and our doubting Thomas was referred to one of the charts he had missed from which he learned that of 259 inebriate patients in Bellevue Hospital 29.5 per cent. began the habit under 16 years of age, 68.5 per cent. under 21 years, so that



neither personal poverty nor industrial competition could have been a serious factor in many cases; as a matter of fact, according to their own statements, 52 per cent. of 246 of them began for sociability's sake—the ever-present opportunity and the wrong ideals so powerfully portrayed by Jack London in "John Barleycorn." None of them gave poverty as an excuse though 5 per cent. mentioned being "out of work" and 12 per cent. "trouble."

"If poverty is the principal cause of drink then we must expect to find the per capita consumption going up in 'hard times' and down when prosperity prevails," said the demonstrator.

"Certainly," said the objector.

But when she presented the statistics of several countries including Great Britain and America, showing that the consumption of drink has invariably gone down in "hard times" and risen with prosperity, what could he say especially as she followed it with further evidence to clinch the argument.

#### SUMMING UP THE EVIDENCE

"FINALLY," said the demonstrator, "if we find that sociological evils in the same communities or in different ones which are fairly comparable decrease under no-license or increase with license, must we not concede that where drink is the one constant factor it must be an important cause of such evils?"

"I suppose so," admits the objector, "but have you such evidence?"

"More of it than you have time to hear," she replies, "but here are a few items:

"The United States Census report (1900) shows that in prohibition North Dakota 74 per cent. of the families own their own homes but in her more favorably situated twin-state, license South Dakota, only 69 per cent. are home owners.

"In Massachusetts, according to the 27th

annual report of the state board of charities, a study of her 33 cities showed that the cost of pauperism averaged 79 per cent. higher in the license than in the no-license cities.

"A comparison of the records of Worcester, Mass., for the license year 1907-8 with the no-license year 1908-9 (not fully free from drink since it was impossible to stop liquor shipments from outside) showed that under license the total number of arrests was 48 per cent. and the number of assaults 52 per cent. higher; there was more neglect and non-support of families by 12 per cent; there were 69 per cent. more patients in the alcohol ward of the hospital and more deaths by 400 per cent.; and the deaths from *all* causes were 20 per cent. higher than under the no-license regime.

"Prof. Adolf Meyer of Johns Hopkins University recently stated that while insanity is rapidly decreasing in Maine, it is enormously increasing in comparable sections of Massachusetts and Connecticut.

"In Kansas, according to Ex-Governor Stubbs and other authorities, the first few years of prohibition in that state saw a decrease of 45 per cent. in divorces; 96 counties have no inebriates and a number have no criminals or have no paupers, insane or feeble-minded; the death rate, only 7.5 per 1000 inhabitants, is said to be the lowest in the world; in Kansas City garnishment courts that previous to the rigid enforcement of the prohibitory law were running from morning until night levying upon the wages of the laboring men closed within 90 days after the saloons were abolished and have never been needed since; 'labor is employed more constantly and it is evident to all that the laboring people instead of patronizing saloons use their money for the necessities of life.'"

At this point the objector looked at his watch. "Really I must be going," he murmured, "I have to catch a train."



#### Professor Max Kassowitz

BY E. L. TRANSEAU

THERE has recently died in Vienna, Austria, a physician whose position in his profession enabled him to exert a notable influence upon the anti-alcohol movement in Austria. This physician was Prof. Max Kassowitz, a widely known and highly esteemed specialist in diseases of children.

Besides a standard textbook on that sub-

ject and a work on Biology, he has written numerous articles and was the first to advocate the use of phosphorous in the treatment of rachitis.

Prof. Kassowitz is described as a man who possessed a quality that is said to be rare in a German, but one in which we Americans rather pride ourselves. When he had accepted a carefully considered

theory he proceeded to apply it. He had none of the timidity that waits for custom or officialdom to open the way. He was also a man of keen observation, warm sympathy and definite decisions.

When, therefore, in his extensive practice he met on every side the results of alcoholism, he observed them carefully, studied the matter from a biological standpoint and came to the conclusion that alcohol is a poison to living tissue, that it could not, therefore, act as a food because the two processes were diametrically opposite. This brought him to the firm conviction that alcohol is not a proper substance to be taken into the body, and he became an abstainer.

But he was a physician to children, and he soon found that his fellow physicians were willing to agree with him that alcohol is harmful to children and that it should not be given to them.

Here also his keen mind detected an inconsistency. If the parents used alcohol it would not be long before the children would follow their example, and so to free the children from alcohol it was necessary to free the parents. This could only be done by breaking down the alcohol drinking customs, and in this physicians should be the leaders; but only physicians who are them-

selves abstainers can combat the drinking customs.

When Prof. Kassowitz reached these conclusions there was no organized abstinence movement in Austria. That there is now is largely due to his pioneer work. He spoke and wrote in clear, untechnical language addressed to the people, and because they knew him as a skilful, kind-hearted physician they had confidence in his words. He was never too busy to speak to small struggling societies when requested and met with patience all objections that were raised. He was a tireless worker, and his many leaflets contributed even more than his spoken words to build up a strong total abstinence sentiment in Austria that is now represented in numerous local abstinence societies as well as in a strong national one.

Among the tributes paid him by his associates is the following:

"A man of less decision might have been satisfied to give his patients medical advice against taking 'too much'; to demand, perhaps, total abstinence for children, and further than that to let the alcohol flood flow on. That he did not do this, that he, a highly esteemed professor of medicine, threw himself earnestly into the abstinence agitation, assures for him a lasting place in the history of the abstinence movement."



### Pictures From Switerland

A FEW years ago a California wine merchant sent out an attractive brochure devoted to the popularization of wine drinking. Its pages contained numerous testimonials from travelers of note, all to the effect that the people of wine-drinking countries are untroubled by the alcohol problem.

Switzerland is one of the wine-drinking countries, and has besides a government monopoly of spirits, leaving only the wine trade to the exploitation of private interests.

But Switzerland has official institutions for the treatment of drunkards, with legal provisions for funds for their support derived from the government profits on the spirit trade.

The first report of a new inebriate sanitarium located in Zurich, under the direction of Dr. Ernest Sigg, contains a few pictures showing that the way of escape from alcoholism is not through the wine barrel, and that the wine-drinking countries are not free from drunkenness.

"The first patient who knocked at the door of our institution," writes the superintendent, Dr. Sigg, was a drunkard who had just read a small pamphlet on drunkenness conveyed to him by his wife. Seeing the advertisement of this institution, he decided to come to it for aid.

"It is most frequently the wife who addresses us," says Dr. Sigg, "for relief for her drinking husband. They lay bare their miseries and one sees that they have undergone much suffering before humiliating themselves to ask of a stranger. But the situation becomes more and more unbearable, until they can no longer remain inactive, but are driven to try to find a remedy.

"Sometimes it is the courage of despair that actuated them. They know that the very existence of the family is in danger and they are driven to state the case and ask aid. Others take the matter more calmly and seem almost to be indifferent. But there are not many who have lost entirely their love for the husband. There are many



who in the course of long years of misery have lost all courage, they are like persons paralyzed. They have only one thought—that some one would reform the husband and thus make it possible for him to provide for themselves and their children a human existence.

“There come also young women who are nursing their first babies and who at the beginning of their married lives have seen their drunken husbands making shipwreck of their hoped for happiness.

“There are also gray-haired figures, perfectly respectable, who in spite of the prolonged drunkenness of the head of the family, have maintained themselves and raised their children by their own work.

“When one considers that the drinking habit is confined almost entirely to men, one is not surprised that the majority of visitors are women.

“But we have had tragic pictures of the other side. Think of a father of eight children coming to us and saying: “I no longer know what to do, my wife gets drunk every day and my children are entirely neglected. Another man came to us one afternoon in great trouble beseeching us to go with him to his home where his wife in a state of intoxication was carrying her infant at her side and falling had struck its head against the stove, causing a very grave injury.

“There are mothers who come for their sons. Often the sons are married but the young wives have not the courage to intervene, and the poor mother must perform the task. Sometimes the sons are, happily, unmarried.

And there are the sons and the daughters who come for their fathers, or for their mothers, with their stories of a lost youth, of a sad home, of a mother prematurely old or one dead from sorrow.

“The stories of those who come to us for aid strikingly resemble each other,” says Dr. Sigg, “and yet each is a picture by itself, because drunkenness differs according to character, the circumstances of the family, social position, culture and occupation.

“We have one factory worker. From Monday to Saturday he is at his post and does his work in a satisfactory manner. But Sunday is a day of terror for his wife and children. They see him drink one bottle of beer after another and become more and more excited until his speech and gestures grow threatening. If the wife ventures to

remark that he has drunk enough, he breaks out into a state of fury, and she is fortunate if he does not shower blows as well as angry words upon her.

“Again it is a son of twenty-five who drinks a little each day for two or three weeks, and then drinks so heavily that he becomes a dangerous character. He is gloomy and quarrelsome and takes offense at the most harmless remark.

“A mason fifty years old changes his place nearly every week on account of his drunkenness, and every pay day drinks up his wages. Every year he is supported for months by his wife and daughter and if they do not give him money there are frightful scenes.

“A painter of thirty-five is in a state of drunkenness the whole day. His wife, who is seriously ill, must do the necessary work in the home though suffering terribly, and he tells her that she is only a parasite, that she is not ill at all, only pretending so that she will not have to work. The children never receive a kind word, but always blows and injuries.

“Here is another small family composed of the father and mother and a twelve-year-old son. The husband took to drink when a cooper, now he is a pedlar. He earns enough to support the family but he drinks up all he earns. Every evening he returns home with his brain inflamed and heaps most unjust reproaches upon the wife who has had to go out to work to support the family.

“Another couple have no children and the man does not bring home enough to pay for rent, food and clothing. When his wife returns at night tired from work she has to meet the most terrible threats, and more than once has fled from the knife raised against her.”

The following summary of Dr. Sigg's report appears in italics:

*“All the reports that we receive show with unmistakeable clearness that the material and moral misery of families where drinking prevails is far greater than is generally believed.”*

“We hear of drunken fathers who strike and nearly strangle their children, of drinking mothers who are the terror of their families, of men who in a refined fashion make martyrs of their wives. Coarse talk, even in the presence of their children, is the order of the day, and then later come blows with fist, foot or knife.”—*Translated for the SCIENTIFIC TEMPERANCE JOURNAL.*



# Class-Room Helps

Conducted by Edith M. Wills

## Making Temperance and Thrift Attractive

By MRS. MARY SCHARLIEB, M. D., M. S.

THERE is but little hope of adequately teaching habits of temperance, prudence, and thrift to persons who are already grown up and have formed habits of intemperance, but inasmuch as the great majority of young people under eighteen or twenty years of age do not drink, much may be done by careful instruction both in schools and public lectures and addresses to point out the great advantage of sobriety.

We shall be wise if we employ not only direct teaching but also indirect, and here probably we could turn to good advantage the passion of the young for cinematograph shows and similar entertainments. We could educate them to admire endurance and heroism, such as that displayed by Captain Scott and his comrades letting it appear how obviously impossible such feats of strength and daring would have been to people whose nerves were rendered unstable by indulgence in alcohol.

### WHAT LEADERS OF THOUGHT CAN DO FOR YOUTHFUL IDEALS

ANOTHER potent agent for good would be a pure and healthy literature sufficiently interesting to captivate the youthful imagination, and to lead our young people to desire that strength of body and intellectual power that sustains explorers, hunters, colonists, and indeed all those of us who have set out to compass and who have achieved the best sort of success in life. It is quite evident that in the past a false standard was set up for admiration and imitation. Many of the songs in our language have been in praise of wine, and the figure of John Bull, considered as a representation of the national spirit is surely not the highest type to which we might aspire.

In the teaching of temperance just as in all other teachings, we turn to advantage the peculiar conditions which obtain during adolescent years. This is the time in which the nature is most impressionable and when the character is being formed from day to day by the influences around it. As doctors we have an appreciable share in influencing the young, and we have it in our

power to help the children of the nation by our personal example, by our teaching, direct and still more indirect. The doctor, the teacher, and the pastor are expected by the people to have a high standard in all respects; they are the acknowledged leaders, and on them rests the responsibility for the sort of influence that exists both in the school and in home life. In some respects the doctor has a wider opportunity than has the clergyman or the schoolmaster; he or she is necessarily so mixed up in family life, so ever present in times of emergency and danger, that it is not a misfortune but a fault if our influence which ought to be so potent for good is withheld, or is perverted. But in order that we should exert this beneficent influence we must be fully persuaded in our minds, we must realize for ourselves the advantages, nay, the necessity for temperance; we must set the example, and hold aloft the true ideal which will command the respect and imitation of the young.

In order to be able to give a reason for the faith that is in us we must be prepared to take a certain amount of trouble, we must fortify ourselves by studying the results of the researches of laboratory investigators.

They have made interesting researches into the influence of alcohol on various forms of vegetable and animal life; we must acquaint ourselves with the results of experimental psychology in the testing of the influence of alcohol on mental processes, and the reaction of the various senses, comparing individuals who have never taken intoxicants with others who have done so; we must also have some knowledge of the laws of economics, and of the part that alcohol has played in the deterioration of the race, in its power to swell the death-rate, to create criminals, lunatics and imbeciles.

We must also be students of history, studying the campaigns of Wellington, and other great commanders, and noting the evil influences that alcohol has had on some who would otherwise have been among the bravest and wisest of mankind.



Beyond all we must recognize that the power to fight the demon can be had, that both men and women can be saved from sinfulness and that a right system of education combined with a sure faith is suf-

ficient to save our country from an age-long reproach, and from the insidious poison that is sapping her vitals.—*Alliance News* (July 31, 1913).



**T**HE sober man reasons correctly; the man who is deeply intoxicated does not reason at all; but he who is excited by liquor, endeavors to reason, but reasons badly, and therefore falls into mischief.—Aristotle.



## A Great Soldier's Word of Honor

BY CHARLES BAILEY

**T**HE magnificent charge of Napoleon's Imperial Guards is remembered by all who read of the famous Battle of Waterloo. It was Ney who commanded them as they rushed to duty, and also to doom. Conspicuous, too, at their head was another gallant general, hero of a hundred conflicts, dauntless, intrepid, the courageous, high-spirited Cambronne. The anniversary of Waterloo recalls this incident and Cambronne's name.

Like so many of Napoleon's renowned captains, this notable leader had risen from the ranks. At the age of twenty, Cambronne was only a corporal; and his distinction in after years, his position as general, even life itself, he owed to his word of honor as a young man, and to the fact that he pledged himself to forego entirely and forever the pleasure of the wine cup.

Though little more than a lad, the young corporal had learned, unfortunately, as was usual those times, to drink heavily, and, naturally bold and spirited, when under the influence of wine he became very excited. Brave and daring to a fault, wine proved an exceedingly bad master for him. One day when thus intoxicated, an officer gave him an order, and, resenting either the order or the tone in which it was given, the young corporal struck the officer fiercely. There was one punishment for such an offense—death, and the lad was condemned to be executed.

The colonel of the regiment was greatly grieved. He knew the intelligence, cleverness, and bravery of the young criminal, and spared no pains to obtain, if possible, a pardon. At first he met with no success, but at last he obtained the promise of pardon upon one condition—the prisoner must never again be found intoxicated. The colonel hastened to the military prison and summoned Cambronne.

"You are in trouble, corporal," he said. "True, colonel; and I forfeit my life for my folly," returned the young fellow.

"It may be so," replied the colonel briefly.

"May be!" responded Cambronne. "You are aware of the strictness of martial law, colonel. I expect no pardon. I have only to die."

"But suppose I bring you a pardon on one condition?"

The corporal's eyes sparkled.

"A condition? Let me hear it, colonel. I would do much to save life and honor."

"You must never again become drunk."

"O, colonel, that is impossible!"

"Impossible, boy! You will be shot tomorrow otherwise. Think of that."

"I do think of it," replied the young soldier. "See you, colonel, Cambronne and the bottle love one another so well that once they get together it is all up with sobriety. No, no! I dare not promise never to get drunk."

"But unhappy boy, could you not promise never to touch wine?"

"Not a drop, colonel?"

"Yes."

"Ah, that is a weighty matter, colonel. Let me reflect. Never, never to touch wine all my life!"

For a moment or so the young corporal thought. Then he looked up.

"But, colonel, if I promise, what guarantee will you have that I shall keep my promise?"

"Your word of honor," said the colonel. "I know you. I know you will not fail me."

The lad's eyes lighted. His features brightened. The colonel's confidence touched him.

With his face resolutely set, he replied:

"Then I promise," said he, solemnly. "I, Cambronne, swear never to take a drop of wine."

The colonel warmly shook his hand, and departed; and the next day Corporal Cambronne resumed his place in the regiment. That was in the year 1705, and in the garrison town of Nantes.

Years passed, and step by step the young soldier rose until in due course he became General Cambronne, one of the foremost men in the French army, few more distinguished than he for fearlessness and sagacity in the hour of war, and few more respected and beloved in times of peace. Twenty-five years after the episode just narrated he was dining in Paris with his old colonel. Many brothers in arms were present. In the midst of the proceedings

the general was ordered a glass of rare old wine by his brother commanding officer. Immediately Cambronne drew himself to full height.

"My word of honor, colonel. Have you forgotten that?" he cried excitedly. "Nantes—the prison—the pardon—my vow?" he continued, striking the table with evident emotion. "Never, sir, from that day to this has a drop of wine passed my lips. I swore it, and I have kept my word, and shall keep it, God helping me, to the end."

As many times before again the old colonel thanked God he had been the means of preserving such a true-hearted man for France.—*Temperance.*



### Alcohol and Mountain Climbing

THE appearance in a book criticising abstinence of a paragraph recommending an occasional sip of brandy during mountain climbs recently led a German climber, Mr. Müller of Stuttgart, to examine a number of standard handbooks on mountaineering to see what they have to say on the subject. He found one that by the revisions made in the various succeeding editions strikingly illustrates the gradual change of opinion.

Trantwein, a noted climber of the Tyrolean Alps, wrote in the first edition of his "Handbook," published in 1894, that a good refreshing and strengthening drink was moderately sweetened tea to which is added one-half or three-fifths of its quantity of red wine.

This recommendation stands through ten succeeding editions, but in the 11th, issued in 1899, the drinks recommended are fruit juices, cold tea and lemonade. Nothing is said of an addition of red wine. In the 12th edition, published in 1901, appears the statement: "Alcohol should be totally avoided."

The last opinion is the one found in the most recent handbooks. Thus J. Aichinger, in a book on the technique of mountain climbing, issued by the German and Austrian Alpine Society, says:

"A swallow of brandy or whisky will not kill one accustomed to it, but the belief that it will warm one or restore waning strength is an error that has cost many lives."

Franz Nieberl, who is held by mountain tourists to be one of the best climbers, says in his book on "Climbing the Peaks":

"Every serious mountain climber will agree with me that alcohol is to be entirely avoided during a tour. The reason is to be found in every Alpine handbook. But even at other times it is advisable to take only a very little of this sweet poison. A habitual drinker is very rarely a first class, enduring climber."

In another place in the same book this author says: "On the subject of eating and drinking, in view of the great variety of tastes, I have nothing to remark except—*no alcohol.*"

¶ In the best of Alpine handbooks, Sigmondy-Paulcke's "Die Gefahren der Alpen" (The Dangers of the Alps) an emphatic stand is taken against alcohol. One statement is: "Alcohol is to be totally rejected while on a tour. Even the brandy taken along as a medicine for an emergency can do more harm than good. Alcohol acts only momentarily on the nervous system as an excitant. Loss of body heat and a strong tendency to sleep soon follow."

Mr. Müller adds to the results of his research some records from his own experience:

"My experience of many years in the Eastern Alps is that guides generally through a tour are very abstemious men. Several years ago, as my wife and I were crossing, without a guide, the glacier of the Marmolata, in the Dolomites, we came upon a guided party at rest. I noticed that the guide took something white out of his pocket and bit into it. What was it? A piece of sugar half the size of one's fist. I expressed my surprise to the guide at his unusual provision.



"'It is good,' he maintained, and I agree with him.

"Sweets of all kinds are coming to be preferred by many tourists during a hard climb.

"For a number of years a well known Alpinist of Munich has collected 'provision sacks' for his tours containing 'endurance bread,' marmalade in tubes, dried fruit, malt bonbons; but no 'refreshing' brandy and no 'strengthening' Malaga.

"In direct contrast to the guide I met in the Marmolata is an experience related by Euringer, a well known peak-climber. Wishing to ascend the Antdao and not caring to go alone, he engaged a guide who became frequently faint on the way up, had to rest often and with great difficulty reached the top. When finally with groaning and grumbling he came to the summit he took a whisky flask out of his pocket and flung it furiously into the depths, as if in recognition that it had been the cause of his suffering.

"It is possible that Euringer would never have become so famous a climber if he had not had this lesson.

"A guide who cheers himself with a whisky flask can be a direct danger to the tourist. 'I know excellent guides,' says Paulke in the book just mentioned, 'who in critical moments, or for a long strain become absolutely useless from the use of alcohol.'

"I ask any normal man which he would prefer to be under the care of, a strictly temperate guide or one addicted to whisky? I know it to be a fact that there is an agreement of opinion in leading Alpine circles that alcohol is not only useless but injurious to the mountain climber."



## The Tobacco Habit

### A STUDY IN BIRTH-RATES

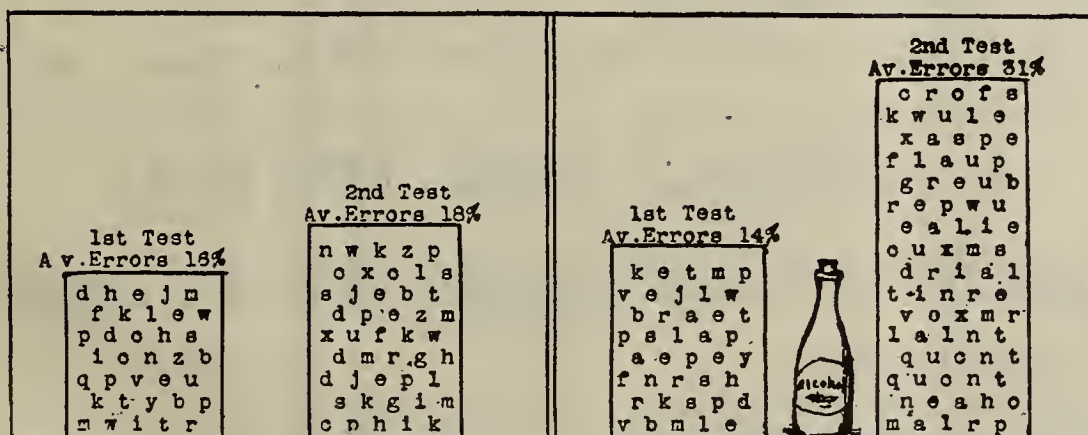
IN THE May number of the JOURNAL a summary was given of a part of some of the studies by Dr. H. H. Tidswell of England on the relation of paternal tobacco smoking to infant mortality. Through an oversight somewhere information was not given as to where the book may be obtained. It may be ordered from G. W. L. Barraclough, Floraville, South Woodford, London, N. E., England. Price postpaid \$90.

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1. *Hygiene For The Worker*, Crampton's Hygiene Series. By William H. Tolman, Ph. D., and Adelaide Wood Guthrie, 231 pp. Ill., American Book Company, New York City.

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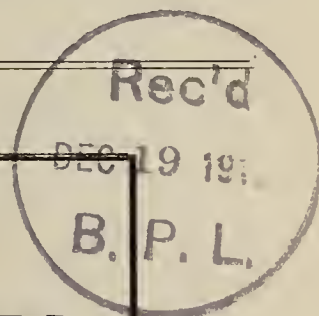
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## CONTENTS

	Page
What the State Can Do toward the Prevention of Drunkenness.....	13
One City's Temperance Education Campaign	16
Using Advertising Columns for Advertising	19
The Traveling Exhibit.....	21
The Physician's Responsibility in Education	23
The Scientific Temperance Federation's Part in Education.....	25
The Council of One Hundred.....	27
More Newspaper Plans.....	29
Exhibit Snapshots.....	30
School Law, the Teacher's Opportunity.....	32

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The Scientific Temperance Federation, 23 Trull Street, Boston, Mass.



# Scientific Temperance Journal

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No 21

## The Bridge Builder

**A**N old man going a lone highway,  
Came at the evening cold and gray,  
To a chasm vast and deep and wide.  
The old man crossed in the twilight dim,  
The sullen stream had no fear for him;  
But he turned when safe on the other side  
And built a bridge to span the tide.

"Old man," said a fellow pilgrim near,  
"You are wasting your strength with building here;  
Your journey will end with the ending day,  
You never again will pass this way;

You've crossed the chasm deep and wide,  
Why build you this bridge at evening tide?"

The builder lifted his old gray head—  
"Good friend, in the path I have come," he said,  
"There followeth after me today,  
A youth whose feet must pass this way.  
This chasm that has been as naught to me,  
To that fair-haired youth may a pitfall be;  
He, too, must cross in the twilight dim—  
Good friend, I am building this bridge for him!"

—Selected.



## What the State Can Do Toward the Prevention of Drunkenness

BY CORA FRANCES STODDARD

Executive Secretary of The Scientific Temperance Federation, Boston.

[The increase of arrests for drunkenness in Massachusetts (98,651 for the year ending Sept. 30, 1912) (1) has roused public attention to demand why that is, and that something be done if possible to deal more effectively with this ever-increasing burden upon public welfare. The Legislature of Massachusetts of 1913 authorized the appointment of a State Commission on drunkenness which held several hearings in different parts of the state. The following article is based upon some suggestions made at one of those hearings by the Secretary of The Scientific Temperance Federation.]

**I**T MAY be taken for granted that any investigation of drunkenness or recommendations concerning it must include the question of prevention. Since upon the state falls the heaviest burden of the results of drink, it is right and necessary that any adequate plan for dealing with drunkenness should concern itself not only with methods of dealing with the victim of drink after he has fallen into his unhappy condition, but also with preventing the continuance of this melancholy procession in and out of our police stations, courts, jails and hospitals.

At present the state is treating the question too much after the fashion of the now almost classic institution for the insane, of which it was said that when patients were admitted, they were sent to a certain room to be tested as to their sanity. A water faucet was left open, and the patients who seized the mop and tried to dry the floor without turning off the water were declared insane, while those who turned off the water and then mopped were considered sane. Too long the state has been mopping, with the faucet wide open. It is time that it should begin to consider how to turn off the tide of drunkenness.

Others have spoken and will speak of the relation of the sale of alcoholic liquors to the question. I desire rather to indicate some steps which the state can and should

take in the education of its citizens to that knowledge of what the drink habit costs the individual and the state, upon which must depend any effective legislation or enforcement of legislation concerning alcoholic beverages.

### ALCOHOL A PUBLIC HEALTH QUESTION

The state must recognize that the alcohol question is a public health question. The most conservative estimates place the number of adult deaths in the United States due directly or indirectly to drink at 65,897 in a single year (1908) (2). The deaths ascribed to alcoholism alone, imperfectly recorded as they are, outnumber the deaths from smallpox in the ratio of fourteen to one. (3) Dr. Conrad Wesselhoef of Boston, in the *New England Medical Journal* (October, 1913), speaking of alcoholism, evidently in its broad sense, said: "Alcoholism is more prevalent and more of a menace to this country than any other disease, even including tuberculosis and syphilis," because, of course, it so often prepares the way for disease. Dr. W. T. Sedgwick of the Massachusetts Institute of Technology is reported to have said in an address at Yale University in 1908: "One can hardly avoid realizing that it [alcoholic indulgence] stands almost if not quite altogether in the front rank of enemies to be combated in the battle for public health. . . If in this great forward movement for public

*health, we ignore the alcohol problem, it will leave a great gap in our line of battle."*

#### WHAT PUBLIC HEALTH OFFICIALS ARE DOING

There is precedent for state action. The Imperial Board of Health of Germany has issued a series of leaflets on the perils of alcoholism which are distributed not only through interested agencies like the active temperance organizations, but through public officials. Every person, for instance, when vaccinated, is given a copy of a leaflet with his certificate. School physicians distribute to pupils and to teachers. Insurance companies place the leaflets in the hands of policy-holders and of visitors to the health museums in which the effects of alcohol are shown with other health exhibits.

The Minister of Education has issued leaflets of warning as to the dangers of drink to children, and information to mothers and fathers as to the relation of drink to the physical and economic welfare of the family. Another official pamphlet is given every young man as he enters the army or navy.

In the United States the North Carolina State Board of Health published in 1912 for free distribution in that state 41,000 copies of a bulletin on the relation of alcohol to public health with promise of more to follow. At its suggestion, the exhibit on health and alcohol prepared by the Scientific Temperance Federation for the Washington International Congress on Hygiene and Demography was installed this fall in two of the large state agricultural fairs of North Carolina reaching thousands of people. A reproduction of a portion of the same exhibit was purchased by Dr. Oscar Dowling, president of the Louisiana State Board of Health for his railroad Health Car.

#### WHAT THE STATE BOARD OF HEALTH COULD DO

The State Board of Health could issue carefully prepared leaflets and pamphlets on the effects of alcohol, for distribution through all existing agencies of education—schools, churches, Y. M. C. A.'s, physicians, public health officials. It could use the press. Information sent out from this source would command attention which no individual or private organization could possibly secure.

Posters could be furnished by the State Board to local health boards for posting in public places. Work similar to this has al-

ready been done by the Paris (France) Board of Public Charity and by many local health authorities in Great Britain.

The Board could place before employers and workmen the danger to health and efficiency, and the increased liability to accidents entailed by the use of alcoholic drinks. The relation of drink to accidents should be studied by the help of the board on Compensation for Industrial Accidents. German studies of their industrial accident statistics have shown clearly the fact that men classed as "drinkers"—those who showed some effect of their habit—were injured more frequently, lost more time in recovery and showed a higher accident death-rate. So far as the writer is aware, no investigations whatever of this kind have been made in the United States, essential as they are to a proper understanding of accident risk and liability.

Employers, especially in trades involving great heat or dust, should be acquainted by the State Board of Health with the advantages of providing an abundance of non-alcoholic beverages. Here again, European employers have shown the way. As a rule they have found that it is better to sell the drinks at a price low, but sufficient to cover the expense of handling, as the self-respecting man prefers to pay for his tea, coffee, milk, or mineral waters. The result has usually been to show a falling off in the consumption of alcoholic drinks with often a decrease in accidents.

The State Board of Health could carry out the plan adopted by the German Imperial Insurance Office which in 1905 sent a circular letter to every industrialist in the empire through the various trade associations urging the instruction of youth and women workers as to the dangers of alcohol, and co-operation in diminishing its use. The North German Iron and Steel Association, the Printers' Trade Association, the trade association of Chemical Industries, Building Trades and others, under this governmental impetus are taking decisive action to reduce the consumption of alcohol, "not only on account of the risk in accidents while under the influence of liquor, but also because of the menace to their general health."

The National Industrial Congress held in Hamburg during the summer of 1909 passed a resolution of which the following is a part:

"The Industrial Congress recognizes as one of the most important objects of the industrial movement the opposing by in-



struction and other practical means of the devastation by alcohol," and the members voted an annual per capita tax of twenty-five cents each for the promotion of the anti-alcohol movement among the working people of Germany. In the report of the Prussian Government Trades Inspection for 1911 was the following statement:

"The effort of the labor organizations to limit the use of alcoholic liquors among their members is even more noticeable. The wood-workers' union of Bielefeld seems especially successful in this respect. The use of spirits among them has practically ceased, beer-drinking is growing less and less. Milk is taking the place of beer." (5)

#### OTHER STATE AGENCIES

The Massachusetts Commission on the Higher Cost of Living in 1910 estimated that liquor cost Massachusetts not far from \$10,000,000 every year, not including the cost in disease and death.

The state boards of Charity, Prisons, Insanity, the Foxboro Hospital, all have or could obtain information on the relation of drink to the special problems with which they are severally dealing. This information could be disseminated annually through a joint leaflet or pamphlet. Especially should it go to every tax-payer.

#### THE BOARD OF EDUCATION

All nations have come to recognize that in the education of children as to the dangers of alcoholic drinks and in proper hygienic living lies the most hopeful outlook for preventing drunkenness.

In Massachusetts, as in other states of the United States, this instruction has long been legally required, and the writer believes that very few children leave the public schools today without receiving some general instruction on the subject. But have the state and local educational authorities made the most of their opportunity, or is the subject crowded off into a corner of the curriculum, while a disproportionate amount of time and attention is given to other important but less vital topics? Are the normal schools doing their full duty in preparing teachers and special teachers to make this teaching of health and sobriety the living, fresh and inspiring branch of instruction that it might be, or do the teachers find it wearisome, because, inadequately trained as to subject matter or method, in their efforts to teach it, they become "long on moralizing and short on facts?"

The Swedish plan of organized temper-

ance education to buttress the regular school instruction, while conducted by the temperance societies, has a government financial grant and the hearty co-operation of university professors in the organization of general and professional courses on all aspects of the alcohol question. In some cases teachers are required to attend these courses, for which the state gives them their time, while special credit is given to those who take the professional courses.

Let us encourage, if necessary, special teachers for this subject as we now have them for music and drawing, arts useful in themselves, but at no point so absolutely essential to the welfare of the child and the state as a thorough knowledge of the laws of healthful living and the dangers in alcoholic drinks and narcotic drugs.

#### WHERE TO GET THE FUNDS

The German Industrial Insurance Office in undertaking its campaign with industrial workers is said to have "fully realized that results would come slowly, and that the expense of doing the work in the right way should be no excuse for not pushing the work." (4)

The state of Massachusetts received for the year ending Sept. 30, 1912, \$825,246.48 as the state's share of the license fees of the legal liquor traffic in the state. The towns and cities licensing the traffic had three times this amount. A physician, lecturing recently at the University of California in a course of lectures on alcohol is reported to have said, "The saloon is to the public what a fly is to the public—a carrier of disease." If the state takes this money for licensing the saloon, it should use, at least, a certain definite proportion of it for preventive work. Otherwise, the state is in the position of the man who is renting unsanitary, tuberculosis-breeding tenements. We call him, at the least, unsocial. If the state deems the licensing of the sale of alcoholic liquor the best policy, then the very least it can do is to return to the people some of that money for preventive work in telling them the known dangers of drink, and in advising as to methods by which drinking customs can be diverted or stopped. If only five per cent of this amount were devoted to education for prevention, it would give the state a fund of more than \$41,000 annually with which an almost untold amount of valuable work might be done.

It is not fair or statesmanlike that this preventive work should be left to rest as a

burden on voluntary organizations and self-sacrificing individuals, when the state has the money and could command an influence entirely beyond that possible to any private association however powerful.

There are logic, fact and precedent in this and other countries for the state's leading the way in prevention of drunkenness. Voluntary agencies will gladly co-operate. But it is primarily the duty of the state. The state has at stake the health, efficiency, prosperity and soundness of its people in this and succeeding generations.

In the words of the Crown Prince of Sweden (1910): "The final aim [of the anti-alcohol movement] is the most complete liberation possible of our people from the destructive effects of alcohol. It is of

great importance to the state that it use the utmost exertion not to be left helpless in the rear and perhaps be finally overcome by a more vigorous people.

"That nation which is first to free itself from the injurious effects of alcohol will thereby attain a marked advantage over other nations in the struggle for existence."

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2. Phelps: Mortality of Alcohol, 1911.
3. U. S. Census Bureau: Mortality Rept. for Registration Area, 1910.
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5. Hayler: Prohibition Advance in All Lands.



## One City's Temperance Education Campaign

BY DELCEVEARE KING, QUINCY, MASS.

Chairman of Executive Committee Massachusetts No-License League.

THE first thing we did in Quincy in preparing for this campaign was to form a "THINK IT OVER" Committee. The President of the Associated Charities was the Honorary President; among the Honorary Vice-Presidents we had the Mayor, the Judge, the Superintendent of Schools, the Chairman of the Board of Health, the General Manager of the Fore River Shipbuilding Company, the Presidents of the City Hospital, Anti-Tuberculosis Society, Board of Trade, Bar Association, Women's Clubs, Ministers' Association, a leading Catholic clergyman, a leading physician.

October 20th to 27th was chosen as Poster Week and posters were placed throughout the city chiefly in the store windows, practically everyone cordially co-operating by displaying these. Two of the most prominent windows in the city were freely given for an exhibit—one window over thirteen feet long, the other five feet.

In the small window was a very striking exhibit reproducing by life-size wax figures the famous sculptured group "Pay-Day" by A. Jacopin which appeared in the Paris Salon. In the rear of the window hung a series of scientific posters, notable among them being "The Titanic," citing the startling fact that 1,503 persons in this country perish every eight days in whom drink was a direct or indirect cause of death, a number equal to the loss of life

with the sinking of that ill-fated vessel.

The large window had as its central feature an effective display of groceries with an itemized bill of the consignment of the goods showing nearly 100 varieties with prices attached, a 22 by 29 inch card in front stating that all these goods could be bought in Quincy for \$91, an amount which represented the annual cost of drink to the average American family.

Throughout the campaign effort was made not merely to use only authoritative facts, but to show the authority as far as possible. Thus, a smaller card stated that according to the "American Grocer," the estimated amount spent annually for drink in the United States was \$1,630,000,000, an average of \$91 for each of the 17,912,000 families.

At the extreme left of the window stood a little cottage and a pile of miniature barrels with the respective legends.

#### TWO INVESTMENTS

HENRY saved \$1 per week which he invested in a building fund. At the end of twenty-five years he had to show this little home all paid for.

JOHN spent \$1 per week in beer. At the end of twenty-five years he had this pile of empty barrels to show—and even the barrels he did not own.

On the right, on a 22 by 29 inch card, were mounted 100 tiny figures dressed in stripes, 95 in red and white, 5 in black and white, to represent a prison garb. The attached legend stated that according to



Massachusetts prisons' reports for 1912, 95 per cent of all prisoners committed to Massachusetts prisons were of intemperate habits. The total commitments having been 26,369, each figure represented 263 persons. This was a reproduction of one of the exhibits originated by the Scientific Temperance Federation.

The entire background and part of the floor of the great window displayed an additional number of the handsome new Scientific Temperance Federation charts.

#### PUBLICITY

A striking yellow circular was issued, one side giving the names of the officers of the Committee, and stating the object, as follows:

"To place before the people by Posters and in other ways the facts about alcohol—Scientific, Economic, Social."

The other side read:

"HAVE YOU SEEN IT? The greatest peril for the Nation—for YOU. A STRIKING EXHIBIT in the windows of the QUINCY DEPARTMENT STORE, CITY SQUARE. HAVE YOU SEEN IT? (Mr. J. H. Fitzpatrick, the proprietor of the Quincy Department Store, freely gives for the cause the use of these windows.)"

Five hundred of these circulars were carefully distributed from house to house throughout the city with the leaflet "Practical Facts for Practical People" (1) and with a striking red-bordered slip reading on one side: "In the United States, each one minute, day and night, over \$3,000 is spent for alcoholic drinks. (Sixty [minutes] times 24 [hours] times 365 [days] times \$3,000 equals \$1,630,000,000 the estimate for 1912 of "The American Grocer.")

"Drink is the chief contributing cause in sex evils with all their vast and appalling misery." (Dr. Prince A. Morrow, Founder American Federation for Sex Hygiene.)

"It is safe to say that drink is responsible for from 35 to 50 per cent of the poverty." ("Alcohol"—A study by the Associated Charities of Boston, 1912, p. 39.)

On the other side of the circular were the following:

"IN MASSACHUSETTS.

"Over 63 per cent of all arrests were for drunkenness. (Board of Prison Commissioners Rept. 1912, p. 160—98,651 arrests for drunkenness—total arrests 155,487.)

"Over 67 per cent of all imprisonments

were for drunkenness. (Same Rept. p. 90, 18,564 imprisonments for drunkenness—total imprisonments 27,454.)

"Our investigations and the testimony before the commission strongly emphasizes the belief—that the abuse of alcohol directly or indirectly does more to fill our prisons, insane hospitals, institutions for the feeble-minded and almshouses, than *ALL OTHER CAUSES COMBINED*." (Rept. of Mass. Com. to investigate the question of the increase of Criminals, Mental Defectives, Epileptics and Degenerates, January 1911, p. 40.)

The Mayor of Quincy, Hon. Eugene R. Stone, gladly ordered the official posting of posters. Thus Quincy became the third city in this country to do this, Cambridge and Fitchburg being the two prior ones. In Germany, England and France there has been for a long time this official posting of facts about alcohol.

The superintendent of schools gladly co-operated; posters were placed in all the schools, and 4,500 blotters were distributed to the school children. The blotter read:

"April 14, 1913, one year after the Titanic disaster, 651 claims were filed for over \$16,500,000. Alcohol in the United States alone, according to the most reliable and conservative estimate, costs more than \$16,500,000 *EVERY FOUR DAYS*. The Titanic carried down 1,503 persons. *ALCOHOL*, in the U. S. alone, according to the conservative estimate carries down to death directly or indirectly 1,503 persons *EVERY EIGHT DAYS*."

On Sunday, Oct. 26th, "Think it Over" sermons were given in nearly all the churches in the city, and the matter was presented in the Sunday Schools, posters being prominently displayed. The schoolmasters and ministers were furnished with some eight or ten of the strongest pamphlets and leaflets which have been issued, such as "A Brief Summary of the Effects of Alcohol on the Body, by James J. Putnam, M. D.

"Alcohol, Some facts regarding its effects upon the human body," by the Associated Charities of Boston.

"Alcohol in Every Day Life," by E. L. Transeau and C. F. Stoddard of the Scientific Temperance Federation.

"Statement" of Prof. Irving Fisher, Professor of Political Economy, Yale University.

"Alcohol and the Individual" by Henry Smith Williams, M. D., LL. D.

"A Royal Ally," the address of Emperor William of Germany, to the Naval Cadets.

"Alcohol, Practical Facts for Practical People," From the Exhibit of the Scientific Temperance Federation.

"Some Modern Facts About Alcoholic Drinks," by E. L. Transeau and C. F. Stoddard.

"Liquor Education Through Posters."

The largest number of posters used were those which have been so generally used on Alcohol, and a most striking was one just issued by the Mass. No-License League bringing out the facts also printed on the red-bordered slip described above.

## Reaching the People Where They Are by Store Window Exhibits

BY CORA FRANCES STODDARD

FOR several years, the German and Swiss anti-alcohol organizations have been using store windows as a convenient method of bringing truths to that great public which never attends a temperance meeting, cares little for temperance literature, and is on the whole uninterested as well as uninformed as to the facts about alcohol and the liquor traffic. The result has been the reaching of thousands of these people with the truth.

Only within two or three years have any considerable attempts been made in the United States, to the best of the writer's knowledge, to utilize this exhibit method, partly, perhaps, because there was little suitable material, and partly because no one had really put wits to work to develop the plan.

It is still in its beginning here, but enough has been done, especially in Massachusetts, to demonstrate the effectiveness of the method.

In Massachusetts the work was begun under the joint co-operation of the Scientific Temperance Federation, and Mr. R. H. Magwood, superintendent of the Temperance Department of the Massachusetts Christian Endeavor Union and secretary of the Mass. No-License League. By the suggestions of these organizations the plan has already spread to other states.

During the first season the exhibits were chiefly used as a strong feature of no-license campaigns. But this is work which can be done at any time. In another column an account is given of the organization of an exhibit which was made the central feature of a city's week-long temperance educational campaign.

### HOW TO ORGANIZE

Bring together representative men and women to plan a distinctly educational exhibit. Urge it as a public health campaign.

Secure a good-sized store on one of the main streets where there will be much

passing. In one city, the store was secured next door to the leading moving picture theatre so as to catch the attention of the hundreds who passed in search of amusement.

If possible, a store with two windows and a door between, or with a good corner window is most desirable. The windows should be large and well lighted by night as well as by day.

Dress the windows as attractively as one would for a Christmas sale. If the floor of the window is covered with white paper with bands of crepe crimson paper around the edge, or if it has even an all-crimson floor covering, the contrast catches the eye and gives a good setting for the exhibits.

If necessary to have more room in the window, the window floor can be built back several feet. This prevents crowding exhibits, which is undesirable. Back of the display on the window floor a vertical framework several feet high can be built on which to hang pictures and charts.

### WHAT TO USE IN AN EXHIBIT

The answer to this question depends somewhat on the object of the exhibit. If it is for general education on the alcohol question, the exhibit should deal with the effects of alcohol on the individual and society. If it is made a part of a campaign for closing the saloons, there should be added exhibits dealing with pertinent general or local facts as to the benefits of no-license, or to the cost to the community of the open saloon. *In any case the facts about the effects of alcohol should be included, as these are fundamental.*

### SPECIAL EXHIBITS

A few illustrations may be given of exhibits that have been used effectively:

1. One quart beer bottle, 1 pint wine bottle, 1 small whisky bottle supposed to contain 2½ ounces of whisky. Label each bottle as to its contents. A fourth small bottle contains 1½ ounces of alcohol.



Use with these a legend as follows:

"Whether one drinks daily  
1 quart of beer (5% alcohol).\*

or

1 pint wine (10% alcohol),

or

2½ oz. whisky (50% alcohol),

He gets the same amount of alcohol—  
1¼ ounces."

2. Next to the preceding exhibit, place 14 quart bottles and 1 pint bottle filled with water to represent alcohol, and labelled as representing alcohol.

Use this legend:

"These bottles represent the amount of alcohol drunk in one year by a person who drinks daily:

1 quart beer (5% alcohol)

or

1 pint wine (10% alcohol)

or

2½ ounces whisky (50% alcohol)."

Behind or next these hang one or more of the new posters issued by the Scientific Temperance Federation showing the relation of alcohol to disease and the death rate, or to working ability or accidents.

4. Represent by a cubical pile of small colored cubes (Kindergarten 1 inch cubes will do) the proportion of poverty conservatively estimated to be due to drink (25%—Committee of Fifty) using 100 blocks in all, 75 of one color, 25 massed in another color to represent the poverty proportion.

Use a legend as follows:

"This cube represents poverty.

The (red) section represents the proportion (25%) estimated to be directly or indirectly due to drink."

If it would be easier a single large cubical box can be covered with paper, marked off into 100 cubes and 25 of them colored.

#### WHO PAYS THE BILL?

5. One of the most effective economic appeals is the groceries appeal. The total estimated expenditure for alcoholic drinks in the United States divided by the total number of families, gives an average expenditure of about \$91.

Pile in the window a mass of groceries amounting to this sum (usually a grocer will gladly lend them), including not only staples, but some of the minor luxuries of the table as olives, vanilla wafers, maple syrup, etc. Use flour, sugar, potatoes, canned goods, cereal goods, beans, macaroni, butter, etc.

Be careful to get a well-balanced list, not providing for instance, as was done in one case, a pile of *salt* such as could only be used by the average family in fully three years.

Use as a legend:

"The average American family spends \$91 a year for drink. This food-display represents what this \$91 will buy in (giving the name of the town or city.)

In campaigns against the saloon, the following line has been added:

"Keep the Saloon closed and give the Home a chance."

6. The comparison of the relative holdings of Henry and John, page 16, after twenty-five years, respectively, of drinking and abstinence has proved effective in several towns.



STORE WINDOW EXHIBIT, SPENCER, MASS.

7. In one no-license campaign a stuffed hawk appeared. Under his perch hung the simple legend:

"This hawk killed forty hens. Did the farmers license him? No, they shot him."

Statistics as to the relative amounts spent in the United States for liquors as compared with shoes, bread, etc., could be represented proportionately by actual articles. Also the proportion of grains used in making liquors to the total production of grain and other similar statistics.

Around the sides and back of the window hang, for example, the fine illustrated posters of the Scientific Temperance Federation which have been prepared partly for this very purpose.

There is now a small stereopticon which works automatically which could be placed in the window to display slides showing pictures, charts and really good cartoons.

\*For this and several exhibit suggestions, the author is indebted to Rev. U. F. Mueller, Carthagena, Ohio.



The Scientific Temperance Federation has picture and chart slides that could be used in this way.

#### USING THE STORE ITSELF

If possible secure not only the windows but the entire empty store. Hang the walls with posters, already mentioned, and make others bringing out local facts as to the annual number of deaths from alcoholism, the arrests for drunkenness, the increase or decrease of such arrests with the opening and closing of saloons.

Several towns have reproduced effectively by wax figures the famous sculptured group, "Pay Day," exhibited in the Paris Salon a few years ago by A. Jacopin.

Exhibits should be installed neatly and attractively. A run-down, neglect-appearance after a few days discredits an exhibit. *Always* have lettering of placards done in workmanlike fashion. Have tables for the distribution of literature giving facts about alcohol, not the sentimental kind, but serious facts. Samples of good pamphlets or books should be displayed, as a few visitors would be glad to purchase or order if this literature were brought to their attention.

Caretakers thoroughly acquainted with the material should explain exhibits and answer questions. Essential facts should be brought out without moralizing.

*Teach not preach.* Demonstrators should be old enough to be responsible. If it is impossible to provide the same group of demonstrators for every day, churches may take turns in providing groups of helpers, women's clubs and social workers may be enlisted to help.

#### EXTRA ATTRACTIONS

The exhibit should be opened by a special meeting well advertised.

Evening addresses may be given by physicians as to the effects of alcohol, by social workers as to its relation to society, by manufacturers as to its effects in industry, by bankers or well known business men on the relation of liquor trade to prosperity.

As the present article is being written, one exhibit in a manufacturing town has for a special evening attraction a Victrola concert followed by an address by a temperance worker who also speaks in the shops at noon.

Individual attractions for various days should be announced. Make special provision for school children, for instance, on Saturday mornings and from four to five o'clock in the afternoon after school. If a no-license campaign is being waged, have

at hand a good supply of no-license buttons. The children will eagerly wear them. Take pains, however, that each group to whom buttons are given understand clearly what the buttons stand for. Excellent buttons for this purpose may be purchased from the Massachusetts No-License League, Equitable Building, Boston, Mass.

Give children an attractive leaflet or picture or diagram *teaching some fact*. It should be blank on the back side. Offer a simple prize for the child who will return his leaflet in twenty-four hours with the largest number of adults' signatures on the back, attached to this statement, "I have read this leaflet from the anti-alcohol exhibit."

Change this leaflet every day. It will extend information as to the facts and also advertise the exhibit. This plan, used by Dr. Clarence True Wilson, Secretary of the Methodist Temperance Society, has proved highly effective in securing public interest and attention.

#### PUBLICITY WORK

Special pains should be taken to interest reporters.

The exhibit should be well advertised as news in the daily or weekly press before it opens.

A good writer should supply the press each day with newsy accounts of what is going on at the exhibit, weaving in facts displayed. Thus the great larger public can be reached who may not attend the exhibit itself, but who will, nevertheless, learn something of the truths it is teaching.

Experience has shown that this can be done with excellent results.

#### A SPECIAL EXHIBIT AVAILABLE

The Scientific Temperance Federation has a large and varied exhibit on alcohol which can be used for just such store exhibitions when an extensive one is desired. It is rented and the services of a competent demonstrator furnished to take charge, at reasonable rates. The exhibit is varied, consisting of models, pictures and charts and has always created wide interest. It holds a diploma of merit awarded by the International Congress on Hygiene and Demography in 1912.

Cities or large towns desiring to make use of the store exhibit plan will find that this exhibit affords perhaps the most satisfactory arrangement. Terms will be given on request to the Scientific Temperance Federation, 23 Trull Street, Boston, Mass.



## The Traveling Exhibit

TEN years ago the editor saw in Bremen, Germany, for the first time, an Anti-alcohol Exhibit. It was in its beginning then.

Gradually, the plan has extended until the exhibit has become in Europe one of the most potent forces for education on the alcohol question.

Local temperance exhibits have been used somewhat in the United States. The Scientific Temperance Federation for five years has been steadily promoting this plan and was the first to introduce the German material for this purpose. Its charts have been widely used this way in the United States and Canada. But no effort had

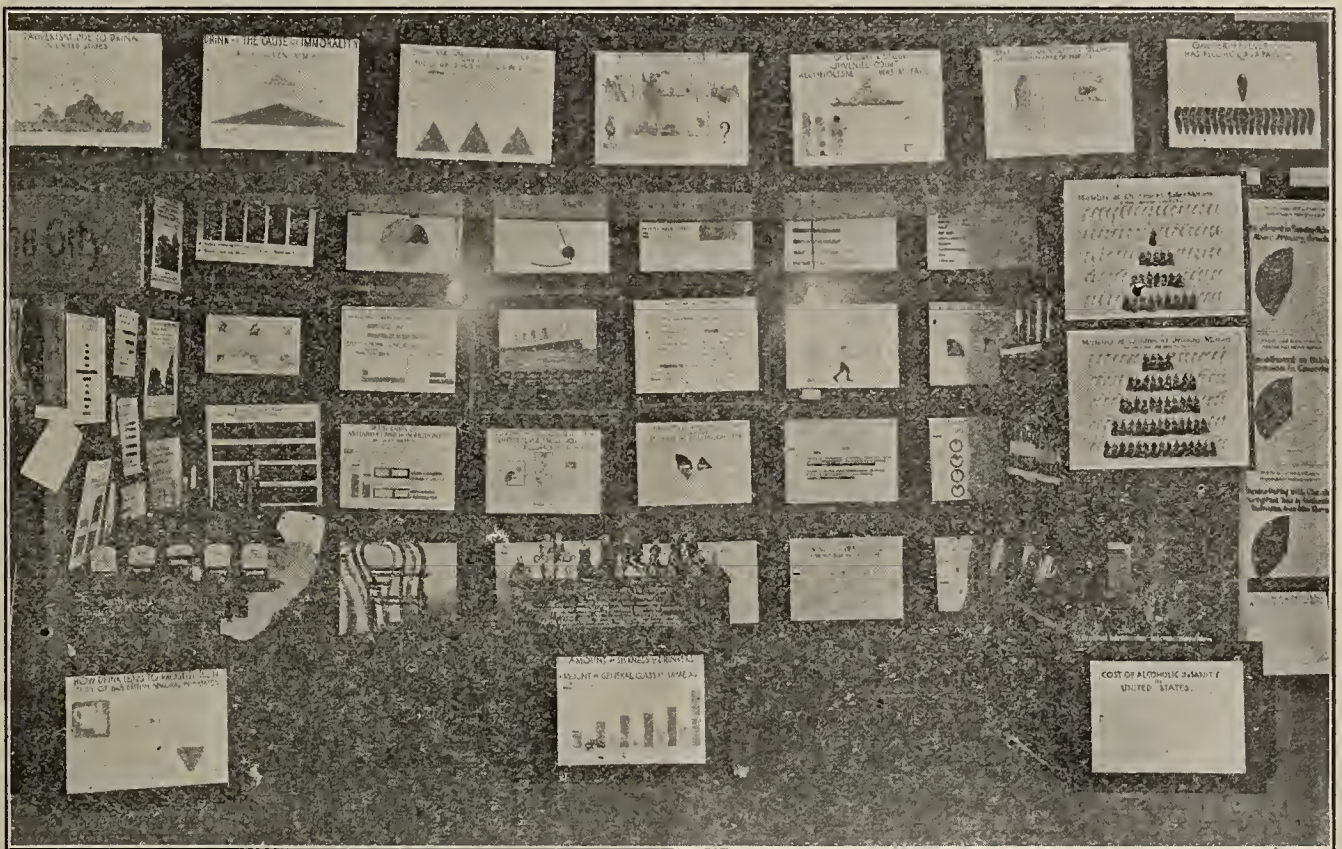
in connection with other general exhibits for the reason that in this way thousands of persons can be reached who might never attend a solely anti-alcohol exhibit.

The use made of this exhibit since completed illustrates what can be done with it in reaching all classes and groups of people.

Sept.-Oct., 1912. International Hygiene Congress, Washington, D. C.

October, 1912. The World in Baltimore (Missionary Exposition).

December, 1912, Washington, D. C. Portions of Exhibit used to illustrate addresses by Miss Wills before superintendent, principals, teachers and pupils of public schools.



FEDERATION EXHIBITS, BALTIMORE, WASHINGTON, BUFFALO AND CHICAGO.

been made to prepare anything comprehensive until the Federation, in 1912, by skilful and wise planning accomplished the double advantage of preparing in attractive and convincing form the first general Anti-alcohol Exhibit in the United States, and of launching it as a part of a public health campaign at the International Congress on Hygiene and Demography at Washington in September, 1912, where it was awarded a Diploma of Merit. Details of this exhibit are well known to regular readers of the JOURNAL. Many of its models, pictures and diagrams have won commendation from Exhibit experts as exceptionally clever and varied. It has chiefly been used

February 1913, Mental Hygiene Congress, Baltimore.

November 1912-March 1913. Portions or reproductions used in store window exhibits in cities in Massachusetts.

January 1913. Reproductions sold to Louisiana State Board of Health for Exhibit in Railroad Health Car.

May-June 1913. The World in Chicago (Missionary Exposition).

May-June 1913. Reproductions used at General Assembly Presbyterian Church of America at Atlanta, Ga. General Conference of Seventh Day Adventists, Washington, D. C. Child Welfare Exhibits.



August 1913. The International School Hygiene Congress, Buffalo, N. Y.

October 1913. The General Convention of the Episcopal Church, New York. State Fairs Greensboro, N. C., and Raleigh, N. C.

November 1913. Store Exhibit, Richmond, Va. Anti-Saloon League Convention and Council of One Hundred Conference, Columbus, Ohio. Fair, Shreveport, La.

December 1913. Manufacturers' Industrial Safety Exhibit, New York City.

Several exhibits have been reproduced for the Social Museums of Harvard and Clark Universities.

How the exhibit strikes the chord of personal knowledge or experience appears in another article (p. 30). Perhaps this best illustrates one of its most important functions as an educational plan—the opening the eyes of men, women and children to what is going on around them, to suggest to them the extent to which alcohol is causing, or contributing to incidents or conditions in which, heretofore, they had not looked beneath the surface.

What the exhibit may do in transmuting information into conviction and conviction into action can be summarized in three remarks made to Miss Wills who has so ably done the field work with the exhibit. All three remarks are typical of statements repeatedly made by visitors to the exhibit.

The first was made by a young man evidently of good family and general intelligence, who said that when with other young men, he had often indulged in the use of alcoholic liquors since they were easily accessible. When shown a number of charts relating to health and efficiency, he said from time to time, "I didn't know these facts," and finally he said with conviction "*No more of this for me.*"

The second significant remark came from a man who confessed that he had been a bartender for many years, and said that he knew that all these facts were true, that he had seen them from behind the bar. He had himself been obliged to leave drink entirely alone because, he said, "there is no place to stop."

As he passed on, he declared: "This is the greatest presentation of the anti-alcohol question which I have ever seen. If anything could stop young men from going to the saloon and contracting the drink habit, it will be conviction by cold, hard facts such as you have here, and *I believe these will do it.*"

The third remark came from a clergyman, one of the pastors of one of the most widely known church in America. He said:

"This Exhibit has converted me. I've always been a 'temperance man' but *now I am going to fight alcohol.*"

Perhaps the next most important thing to be done for temperance work in America is the duplicating and development of this exhibit so that several can be in the field at once in different parts of the country. Six thousand dollars would enable reproductions of the exhibit to be made so that at least four exhibits with competent demonstrators could be kept in the field the year round. Rentals would help meet the expenses if the support were guaranteed. A fifth exhibit should be endowed with at least \$1,200 annually to be kept in reserve for great congresses or exhibits like several of those visited this year from which no financial support for expenses can be expected.

The Federation awaits the donor who will see what an opportunity is here to reach the intelligence and wills of the people with the facts about alcohol.



### Using Advertising Columns for Education

**A**T A recent luncheon of advertising men in Chicago, the advertising manager of a large western industry remarked that if Andrew Carnegie had invested the \$10,000,000 said to have been given for The Hague Peace Palace, and had had the income used annually in promoting peace through advertising space in the press of the country, he would have advanced the peace movement far more rapidly. *The same would be true of the alcohol question,* added the speaker.

A lump gift of \$10,000,000 for the alcohol question, unfortunately, does not at

present appear to be in sight for any purpose, though we expect it to happen some day. Meanwhile, there is no reason whatever why smaller sums might not be used wisely for this purpose. The superintendent of one of the State Anti-Saloon Leagues makes a year's contract for a certain amount of advertising space in the leading state daily. This he uses as circumstances require, in larger or smaller sections, and believes it one of the most forceful pieces of work he does.

At Cornell University this year, to bring facts about alcohol to that great student



community, advertising space was secured in the *Cornell Daily Sun*, usually on the editorial page. Three times weekly, this space, two columns wide ( $4\frac{3}{8}$  by  $3\frac{3}{4}$  inches) has been used in displaying tersely worded information. The space is made distinctive by ruled margins. The sentences are printed in the centre with abundant white margin so that they stand out clearly. Every statement has its reference. Some of the advertisements are the following:

**FRAUDS.**—Alcohol puts to sleep the sentinels that guard your body from disease. Policy-holders are warned against advertisements extolling the virtue of whisky in disease. The callous cruelty of such advertisements lies in the fact that they appeal to the very people who are most injured by the use of alcohol—sufferers from rheumatism, chronic kidney disease, nervous subjects, etc.

**THERE IS NO SUCH THING AS "MEDICINAL" WHISKY.**—From Bulletin No. 5, issued by the Postal Life Ins. Co., N. Y.

**A DANGEROUS DRUG.**—It is clear in the light of experience and of recent research work that alcohol ought to be classed in the list of dangerous drugs, along with morphine, cocaine and chloral—a drug which may so affect the will power as to gain the complete mastery over a patient and in the end destroy him. English and German physiologists have demonstrated beyond a question that the continued use of alcohol in any quantity is not only useless, but positively harmful; and on the basis of experience, I appeal to my colleagues everywhere to abjure its use.—Howard A. Kelly, M. D., Johns Hopkins Hospital (*Scientific Temperance Journal*, Sept. 1911.)

**EFFICIENCY**—Bergman, Kraepelin, Mayor and Kurz have shown that one glass of light wine or one mug of beer decreases the normal mental efficiency an average of 7 per cent., causing diminution of mental activity and great liability to error in writing, spelling and punctuation.—Ref. *Physiologische Arbeiten*, Vol. III, pp. 417-457 (1900).

This plan might profitably be extended to college and local papers elsewhere. In many cases, interested editors, especially of local papers, would be willing to furnish the space without charge, if assured of reliable, readable statements.

Young people's societies looking for local work to do could arrange for such advertisements with editors, and thus reach hundreds of persons who would never read a temperance leaflet.

Some of the following statements could be used in the same way:

**DRINK HELPED CARRY OFF EVERY TENTH MAN.**—Statistics compiled from the reports of Basle, Switzerland, 1892-1906, showed that on the average drink played a part in one death of every ten men (10.5 per cent) 20 to 80 years of age.

**DOORS OF OPPORTUNITY CLOSING TO THE DRINKER.**—Over 7,000 employers were asked in 1897 in an inquiry by the U. S. Labor Bureau whether they considered the drinking habits of an applicant for work. Seventy-seven per cent. replied that they did; 79 per cent. of Manufacturers, 88 per cent. of tradesmen, 98 per cent. of transportation companies measured in part an applicant's availability by his sobriety.



MR. ERNEST H. CHERRINGTON

Chairman of Executive Com. of The Scientific Temp. Federation

**ACCIDENTS ON MONDAY.**—The Zurich Building Trades Statistics for seven years, 1900-1906, showed that the average number of accidents on Monday was a third greater than the average on other days, due, it was believed, to the heavier drinking on Saturday night and Sunday.—Statistics from Reports of Zurich Building Trades, 1906.

**BASE BALL NO PLACE FOR DRINKERS.**—Connie Mack, Manager of the Philadelphia Athletics which won the international championship in 1910, 1911 and 1913, said (1910):

"Alcoholism is practically eliminated from baseball. I have twenty-five players. Of that number fifteen don't know the taste of liquor."—Letter to *Scientific Temperance Journal*, Sept. 1910.

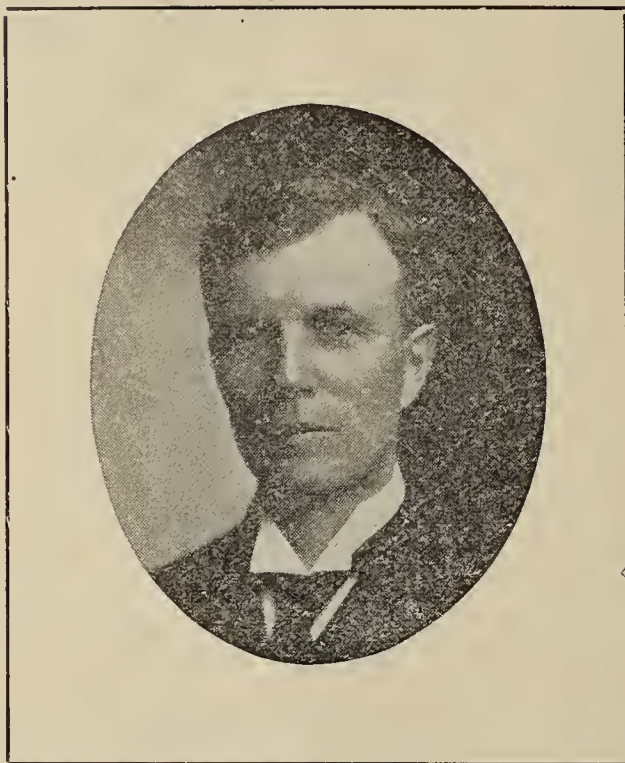
**ATHLETES BETTER OFF WITHOUT ALCOHOL.**—Alcohol is in the highest degree injurious to the heart and lungs, and these are what every athlete needs most of all. If heart and lungs are free, one has staying power and that in wrestling is almost more important than strength.—George Hackenschmidt (wrestler) in "The Modern Wrestling Match" by A. von Guretzki.

### Blackboards and Bulletin Boards

SOME of the paragraphs in the article "Using Advertising Columns for Education" could very well be written on school blackboards, or placed on school or Y. M. C. A. bulletin boards. Additional paragraphs like the following may be used whenever possible. Put up with the paragraph a portrait of the person to whom it is credited.

Using drink is like putting sand into the bearings of an engine.—Ascribed to Thos. A. Edison.

(Continued on page 32.)



REV. CLARENCE A. VINCENT, D. D.  
President of The Scientific Temperance Federation.



MISS CORA FRANCES STODDARD, A. B.  
Executive Secretary of The Scientific Temperance Federation

## The Scientific Temperance Federation's Part in Education

BY THE EDITOR

THE articles in this number of the JOURNAL in a measure illustrate the various plans and lines of activity which the Scientific Temperance Federation is conducting, or which it has originated, or in which it is co-operating influentially.

The underlying principle of the Federation's work is prevention, education of the whole people in the facts of the alcohol question and especially the scientific facts as to what alcohol may and does do to individuals and to society.

When in Germany two years ago, one of the editors of the JOURNAL, observing the drinking habits of the Germany people, and how these habits were bound up with all their customs and traditions, said to some of the German temperance workers, "It seems almost impossible that the temperance problem can ever be solved in Germany." And they replied, as we can also reply, "*We can surely solve the problem and soon, too, for now we have the evidence.*"

### 6000 CLASSIFIED REFERENCES

The library of the Scientific Temperance Federation now has a considerable part of this evidence in no fewer than 6,000 classified and indexed references, pamphlets or

books dealing with the varied phases of the nature and effects of alcoholic drinks, all of which are available for use, and *are* used, not only by temperance but by university and social students who find in this library much material not available elsewhere in America.

This constantly growing library is the supply-house from which the Federation draws the information which in various forms and through various channels it is sending out for the education of the American public on this subject.

For it must be definitely understood that there are still millions of thinking people, even in the United States, who are indifferent or opposed to temperance reform simply because they do not know the facts.

### HOW CAN THIS INFORMATION BE DISSEMINATED?

Logically, such a society as the Scientific Temperance Federation is necessary, employing a corps of specialists whose training and accuracy give them standing; a society which is unconnected with legislative or other forms of temperance activity.

Among the means used to reach the masses, which have already been worked out successfully by the Federation, are a large correspondence with individuals sug-





MRS. E. L. TRANSEAU

Recording Secretary of The Scientific Temperance Federation

gesting lines of activity in special fields and the furnishing of data for special occasions.

There are innumerable addresses by members of the staff or official boards in the public schools of great cities like Boston, Washington and others, in Sunday Schools, Young People's Societies, before such gatherings as the Baltimore Mental Hygienic Congress, the International Hygiene Congress, and the Exposition, The World in Chicago.

The SCIENTIFIC TEMPERANCE JOURNAL published monthly by the Federation furnishes in popular form the resumé of the latest scientific investigations and data as they appear.

Pamphlets are prepared such as "Some Modern Facts About Alcohol" for the International Y. M. C. A.; "The Effects of Alcoholic Drinks" or "Alcohol in Every Day Life," written originally for the Maryland Anti-Saloon League to be used in connection with a school prize essay contest. One hundred thousand copies were distributed in the city of Baltimore in one day, and more than 150,000 additional copies have already been used elsewhere in this country and Canada.

Special articles are written for the general, daily and temperance press. Articles by other writers who value the data resources of the Federation are sent in for verification before publication.



MR. ROBERT H. MAGWOOD

Treasurer of The Scientific Temperance Federation

#### A 5,000,000 EDITION OF ALCOHOL FACTS IN TEN LANGUAGES

The preparation of the material in the anti-alcohol number of the health bulletin published by the Metropolitan Life Insurance Company was a notable concrete instance of the far reach of the Federation's work; 5,000,000 copies were published in ten languages to reach nearly 7,000,000 policy-holders, largely industrial, in that great insurance company.

School text-book authors ask for special data about alcohol for new school books on hygiene.

#### EXHIBITS—POSTERS

But the Federation has done even more distinctively original work. Most significant of all possibly has been the origination of exhibit plans and material including great series of charts and diagrams printed in both large and small sizes which present the scientific facts regarding the various phases of the nature and effects of alcohol.

More detailed information is given elsewhere as to the special large exhibit, the first of its kind in the United States, but for five years the Federation has led the way in making a specialty of supplying this material for conventions, conferences, campaigns, Chautauquas, Sunday schools and public schools. Literally millions of people from the Atlantic to the Pacific and Canada



to the Gulf have seen these charts and heard their truths, although the charts were available only in hand-made form.

This year has seen a forward step. Fifty of the charts, now tested by long use, rearranged and readapted to wider use, are being printed in poster form. The cover page of this number of the JOURNAL presents one of these posters in fac-simile. Twenty-five are already off the press. Fuller details are given in the advertising columns.

#### HANDBOOK, WITH NEW DATA

In a few weeks, an illustrated book of nearly 100 pages prepared in the Federation office will also be ready to accompany the posters, and will afford much data not hitherto available to American students and workers in the alcohol problem.

#### STEREOPTICON SLIDES AND LECTURE

Original stereopticon slides and lectures have been made the vehicle of conveying these illustrations to large audiences.

"The Scientific Temperance Federation," wrote the European secretary of an international organization, "seems to us in Europe to be the organization in America best representing the serious educational scientific standpoint of the European temperance work."

The whole current trend of public opinion about alcohol is changing. Minds that ten or even five years ago were indifferent to the question, are now open to the truth and eager for it.

Events on the way of progress are moving too rapidly to enable one to estimate accurately their rate, but the trend is unmistakable toward the goal of a people who, thoroughly taught by all the means of education at hand to know the truth about alcohol and the destructive part it is playing in human society, will free themselves and society from the enslaver of humanity.

The possibilities of the work are limited only by narrow financial boundaries and a too limited number of workers.

*Money is needed*—dollars and tens and hundreds and thousands to extend these lines of effort of which this JOURNAL tells, and to relieve the pressure which limited means exerts on workers already too heavily burdened with the work itself.

*Workers are needed*—men and women who will catch the vision and the inspiration of the great ideal of a people free from alcohol, and who will set themselves sturdily and steadfastly to the waiting and urgent educational opportunities.

For opportunity for fruitful service in fields which the Federation is working was never so great as now. It offers no large rewards financially, but it does present the privilege of investing all one's best powers in the life of one's own generation and of generations to come.



#### More Newspaper Plans

SCIENTIFIC facts tend but slowly to find their way into popular channels of information unless a sluiceway is opened for them. Hence have arisen voluntary health societies of many kinds whose object is so to popularize the truths discovered by patient scientific research that they appeal to the intelligence of the everyday man and woman. In this, the press is perhaps the most valuable agent reaching all types of people, all classes of intelligence.

Alcohol is one of the subjects for which this work should be done. So far in general, the makers and purveyors of alcoholic drinks have had a monopoly of this service. By their advertising they have dinned readers with statements as to the alleged healthfulness and benefits of their liquors.

#### THE PRESS CIRCULAR

To offset this agent for education, the press of the country needs to be kept supplied with terse, popularly written paragraphs on the relation of alcohol to the practical questions of health, efficiency, accidents, earning capacity, social and economic welfare.

One of the most far-reaching plans which the Scientific Temperance Federation has ever undertaken was its press circular conducted on these lines. Several hundred editors specifically requested that it be sent them, and its paragraphs appeared not only in American papers but in foreign journals whence they were often copied again into other American publications. For the past year, the Press Circular has not been issued owing to the expense involved, although it was a modest one. It should be resumed without delay as it is an exceedingly necessary piece of educational work.

The value of this work is three-fold:

1. Many editors publish much of the material, thus directly educating the public.

2. Many editors find in the press circular paragraphs subject-matter for edi-

(Continued on page 32a.)



## The New Weapon in the Armory

THE periods of great progress in the history of the temperance reform in America have been those which have followed periods to which special attention was given to temperance education against drink.

Germany, which so far, has confined its efforts chiefly to education has been rewarded by a steady decline in the consumption of beer, amounting to a decrease of 11 per cent. between 1900 and 1909.

The growing opinion of all classes in America that we must have more education about alcohol has in part taken shape in the recent action of the Council of One Hundred.

A far-reaching opportunity calls for far-reaching plans. These in time will be forthcoming from the Permanent Committee as it gets thoroughly organized. Meanwhile it seemed appropriate to devote this entire number of the JOURNAL to this question of education, presenting a summary as it were, of possibilities in methods of education, some of which are new to America in their present form; some of which are only in their beginning here; while some only need reinforcing and reinvigorating to be powerfully effective.

In the upward spiral of temperance progress, the whole world is coming back to that vision of the importance of education as a preventive of the alcoholization of nations which some of us have consistently held. But we are farther on than before. Time has not "made ancient good uncouth," but it has given us better weapons and keener insight as to their use. If the machinery of all educational forces of twentieth

century society can be geared together in harmonious working, as indicated in the summons to service expressed in the final paragraph of the resolutions of the Council of One Hundred, the time ought not to be far distant when no man, woman or child of this generation shall be able to say "I did not know the harm in alcohol," or "The alcohol question does not interest me."



## The Journal's Message of Six Years Ago

THE question of the permanent abolition of intoxicating drinks speedily resolves itself into a question of education.

Education is a *peaceful* method. There are differences of opinion among intelligent men and women as to the advisability of prohibition in given cases. There can be no difference as to the advisability of education, the letting in upon the consciousness of all the people the light of the truth about alcoholic drinks.

Education is a *powerful* method. Enthusiasm expressing itself in legislation may be effervescent, effective while it lasts, but leaving flatness when it has passed. Education grips conviction and will, the forces which are the motive powers of human action.

Education is a *permanent* method. It lays, little by little, that stable foundation on which must and will rise the sobriety of a people sober because they choose to be, not because they are compelled.

The "Thou shalt not" of prohibition must be built upon and continually buttressed by the "I will" of education.—The JOURNAL, December, 1907.



## The Council of One Hundred

FRIDAY morning, November 14th, still found in Columbus, Ohio, some hundreds of men and women representing all phases of activity against alcohol, who, for three days, had been soul-stirred at the sight of the thousands gathered in the Anti-Saloon Convention with minds, hearts, purposes and wills fixed on one thing—the overthrow of the alcohol traffic in the United States.

But despite the three full days of inspiring oratory, of often dramatic events, when the Council of One Hundred was called to order nearly six hundred men and women from ninety-six organizations were found

to have come together in Dr. Washington Gladden's Church for the sole purpose of uniting on the common ground of education against alcohol.

In preparing the call for this conference, it had been the original intention to limit the number of signers of the call to one hundred, but so many influential persons expressed a desire to join in starting the movement, that when the call was finally published some weeks ago it was signed by one hundred and ninety-one persons,—Congressmen, governors, judges, social workers and physicians, as well as by officials of nearly all national temperance and other organizations.

The conference, which was ably presided over by President Ira Landrith of Belmont College, Tenn., effected a permanent organization to be known as the Council of One Hundred, with the following officers: President, Daniel A. Poling, Columbus; Secretary, Ernest H. Cherrington, Westerville, Ohio; Treasurer, Joshua Levering, Baltimore, Md.; Vice-presidents, D. Leigh Colvin, Ph. D., New York; Homer J. Hall, M. D., Indiana; Rev. P. A. Baker, D. D., Ohio; Virgil G. Hinshaw, Illinois. Other vice-presidents are to be named in a few days.

A permanent executive committee was elected to carry on the work of the Council, the aim being not to supersede the work of any existing organization, but to unify and extend the educational work of all.

The following resolutions were adopted by the Council for guiding the action of the Executive Committee:

#### THE COUNCIL OF ONE HUNDRED RESOLUTIONS

The 600 delegates responding to the call of the Council of One Hundred, representing in membership ninety-six educational, philanthropic, religious, moral and social welfare agencies of the United States and Canada, hereby declare our objective to be total abstinence for the individual and constitutional prohibition for the nation.

Realizing that the liquor traffic today exists by reason of the lack of information on the part of the people, and that education is the foundation of all true reform, this convention endorses the general program contained in the call of the Council of One Hundred, as follows:

1. The selection, production and recommendation for use by the several agencies of the best books, pamphlets, leaflets, posters, etc., on the alcohol habit and traffic.

2. Plans for the systematic distribution of such literature.

3. The providing for the systematic study of the alcohol problem in regularly organized temperance study classes.

4. The active encouragement of pledge signing.

5. The holding of purely educational, national, state, county, and local anti-alcohol congresses, especially in the great centers of population.

We make the following specific recommendations:

1. The compilation from time to time by the permanent committee of reliable statistics on the varied phases of the drink

habit and liquor traffic, these statistics to be recommended for the use of all temperance forces, to the end that in statements involving statistics there may be no inaccuracies.

2. That all school officers, teachers, parents, guardians of children, and clergymen unite to secure in all public schools the instruction concerning alcoholic drinks and other narcotics prescribed by the laws of every state.

3. That normal schools, teachers, institutes, conventions, and summer schools provide thorough and adequate preparation for teaching the laws of health, including the facts about alcoholic drinks.

4. That special emphasis be laid upon the relation of abstinence to business and industrial efficiency and safety.

5. That posters be used and that the indorsement of health officers and other officials, as in Great Britain and France, be attached wherever possible.

6. That anti-alcohol exhibits be used in store windows, and in connection with fairs, conventions, health, industrial and other general exhibits.

7. That in each community some person or persons be charged with the duty of securing due publicity for temperance news in the public press.

8. That all public health campaigns shall include full recognition of the part alcohol plays as an active agent in producing disease, degeneracy and death.

9. That for the training of leaders in the nation-wide anti-alcohol movement, we recommend a general temperance educational plan, similar in methods to the Missionary Educational Movement.

Finally, to this educational campaign, we summon all educational forces of the nation, including the public press, Sabbath schools, churches, public and private schools, colleges, universities, brotherhoods, women's clubs, philanthropic organizations, employers, insurance companies, boards of health, and all moral and social uplift organizations.

The following persons were elected members of the permanent executive committee of the Council of One Hundred: Ernest H. Cherrington, Westerville, Ohio, Chairman; Cora F. Stoddard, Boston, Mass., Secretary; Hon. B. B. Lindsey, Denver, Col.; Prof. C. R. Henderson, Chicago, Ill.; Dr. W. A. Rankin, Raleigh, N. C.; Prof. Chas. Stelzle, New York; Prof. Amos R.



Wells, Boston; Dr. Booker T. Washington, Tuskegee, Ala.; Mrs. Suessa Blaine, Washington, D. C.; Mrs. Ella A. Boole, Brooklyn, N. Y.; Dan B. Brummitt, Chicago; Irving B. Bristol, California; Mrs. Lillian Burt, Columbus, O.; Rev. Chas. Bulla, Nashville, Tenn.; W. W. Buchanan, Winnipeg; W. G. Calderwood, Minneapolis; W. F. Cochran, Baltimore, Md.; Rev. W. F. Crafts, Ph. D., Washington, D. C.; T. D. Crothers, M. D., Hartford, Ct.; John F. Cunneen, Chicago; Fr. J. J. Curran, Wilkesbarre, Pa.; Rev. E. C. Dinwiddie, D. D., Washington, D. C.; George J. Fisher, M. D., New York; Eugene L. Fiske, M. D., New York; W. S. Hall,

M. D., Ph. D., Chicago; Hon. Richmond P. Hobson, Washington, D. C.; Chas. L. Huston, Coatesville, Pa.; Daniel A. Poling, Columbus, O.; Howard H. Russell, D. D., Westerville, O.; Prof. Chas. Scanlon, Pittsburg, Pa.; F. D. L. Squires, Chicago; F. S. Spence, Toronto; Oliver Stewart, Chicago; Mrs. Zillah Foster Stevens, Alton, Ill.; Wm. D. Upshaw, Atlanta; Harry S. Warner, Chicago; Clarence True Wilson, D. D., Topeka, Kans.; Willard O. Wylie, Boston.

The Executive Committee will hold its next meeting at Washington, December 9, when sub-committees will make preliminary reports.



## The Physician's Responsibility in Education

EDITORIAL FROM NEW ENG. MEDICAL GAZETTE, OCT. 1913.

**I**N ANY question pertaining to the welfare of the human body, the physician becomes the high priest, and his word and attitude go far toward moulding public opinion upon that question.

The physician has ever been on the side of physical betterment for the race so far as his knowledge permitted him to go. True, he has erred many times through tradition, prejudice, and ignorance, but a persistent determination to reach rock-bottom truth has ever characterized his actions.

There is one subject today upon which his attitude has much to do with the physical welfare, the sanity, and even the normal perpetuity of the human race. That subject is alcohol.

Perhaps the most important side of this alcohol question is its effect upon the higher moral centres. Society can only exist by virtue of a full and normal recognition on the part of each individual of the mutual rights of one another. When a large number of individuals through the influence of a drug environment or heredity begin to have a lessening of the perceptions of right and wrong, then the real foundations of society are in jeopardy. One of the early effects of alcohol upon the novice is a lessening of that appreciation of the right relation of things which makes him a normal being. He then commits errors of judgment, has a lessening of the will power, commits infractions of social laws, disregards authority, and ultimately commits a crime. Then come in his wake the alcoholic offspring, who are born with a warped judgment, and a perverted moral sense. Thus is the criminal class created.

The use, whether "moderately or in excess," of alcohol is no longer a question of temperance or sentiment. It is no longer a question of personal privilege. It is a question of social economics. There is no question of sentiment or personal privilege in allowing the leprous patient to mingle with normal beings, because his presence there is a menace. A man cannot claim the personal privilege of taking alcohol when by so doing he runs the risk of becoming a greater menace than a leprous patient would be. It is the duty of the profession to begin a campaign of education with that end in view:—to give the public a full knowledge backed by the endorsement of a united profession that alcohol even in moderate doses will produce cell irritation, in proportion to its continued use, which ultimately for the body will produce increased blood pressure, impairment of the arterioles, deranged function, destruction of tissues, premature death; for the brain perverted judgment, moral obliquity, diminished will-power, crime; for the offspring, physical instability, mental deficiency, idiocy, epilepsy, insanity; for society at large, the needless expenditure of millions of money for hospitals, asylums, poor-houses, potter's fields, criminal courts, policemen, jails, penitentiaries, executioners; and finally, poverty, misery and a hell on earth for millions who might find it a heaven.



### EXPLANATION

Owing to prolonged, necessary absences of the editors and to unavoidable delays in printing, the October and November JOURNALS are printed together. The succeeding issue will follow promptly.





MISS EDITH M. WILLS

Assistant Editor of The Scientific Temperance Journal.

## Exhibit Snapshots -

BY EDITH M. WILLS

THE average American wants to know the facts and naturally translates laboratory findings into practical experience and activity; and this, we believe, is one reason why thousands from children, even "gutter snipes," up to secretaries of state boards of health, college presidents, bishops, official representatives of foreign governments, and members of Congress, to say nothing of hundreds of Christian workers and leaders of thought have listened with intense interest to the explanations of the warning facts regarding alcohol represented by the Federation's scientific temperance exhibit (see pp. 21-23), and have carried away saving knowledge for themselves, or, facts, references, and methods of presentation to be used for many years in saving others.

(Public and Sunday School teachers will find in the typical experiences quoted many useful suggestions for class use.)

THE BOYS grew enthusiastic over the charts showing that alcohol hinders in baseball, football and the like, and registered vows that they wouldn't handicap themselves by alcoholic drinks when they got to playing. The 62-mile walking match chart reminded them that the fellows they knew

who won the foot races didn't drink, no sir!

A particularly clean-cut young railroad conductor saw the chart showing how many employers and particularly transportation companies, discriminate against drinkers and said, "That's surely true. It's getting to the place where a young man who wants to hold a good job can't possibly do it unless he cuts out the drink entirely." In his ability to "cut it out" he was more fortunate than many other visitors, a type of whom was seen in the sad case of a young man only twenty-seven who asked piteously for assistance to overcome his weakness for drink which was already his master and must certainly cause him to lose his fine government position very soon unless he could get help.

A KEEN-EYED marksman who noticed that the experiments in shooting in the Swedish army showed greatly impaired efficiency in precision, said: "I know that's true. I was on the crack rifle team for several years, and we fellows that didn't drink just put it all over the other fellows!" Another, representing his state team at the recent international meet in Ohio, said: "There aren't any men on the state teams who drink. There is such sharp competition for places on the state teams that the men who drink are weeded out long before they ever get up to that team."

"A LESSON for Bookkeepers" showing the Heidelberg experiments indicating an efficiency loss of 35 per cent. in addition, caught the eye of an expert accountant who told how he was employed with about twelve men, all of whom had a definite amount of work allotted for morning and for afternoon, and who were always excused as soon as the task was finished. He said, "In the morning the men finish about the same time, but in the afternoon it's different. Some of the men take a glass or two of beer with their lunches. All that do are marked men, for it takes them longer than it does the abstainers and they have to stay behind to finish."

MANY are the tales of painful or hideous accidents brought out by the charts.

An expert electrician said, "Alcohol certainly does cause lots of accidents. What you say reminds me of an accident I saw lately. We were working long hours on an emergency job which required us to reach through narrow spaces between power cables each carrying 500 amperes, enough to kill a man. One noon, a young fellow who worked near me took two



glasses of beer with his lunch. After he went back to work, I was worried to see how his arms trembled as he reached between the powerful currents. Soon his arm struck a cable. He escaped with his life, but his good right arm was burned to the bone, and you know burns caused by electricity never heal properly. Those two glasses of beer have probably made it impossible for him ever to take care of himself again, and it may be that his tissues have been so devitalized that they will continue to waste away until a vital part is reached and he will die."

AN OLD railroad man told of a dreadful accident where a number were seriously or fatally injured. "Not much was said about what caused the accident," he said, "but the men knew that the signal-tower operator had been drinking, and let the two trains crash together."

Not infrequently some person said, "I take a glass or two of wine or beer a day. You don't mean to say that can hurt anyone, do you?" The demonstrator replies, "You must judge for yourself. These life insurance records, kept for many years, show that even among insured men, good risks, there is a difference in the life expectation of from eighteen to twenty-six per hundred in favor of the men who take no drinks over those who take some drinks." A representative of one of the large life assurance companies said that if his company could insure abstainers only, it could lower the rates at least ten per cent., thus emphasizing the point that the sober are paying for part of the extra risks on the drinkers. The medical examiner of another company said that nearly one-third of the men who apply for insurance, and they average only about thirty years, are rejected on account of kidney trouble due mainly, he believed, to the use of drink.

THE STRIKING model showing that 95 out of 100 Massachusetts convicts (1911) were of intemperate habits, brought out the statement from a retired pastor who formerly visited one of the Illinois penitentiaries that there were several men there serving life sentences who during the one and only intoxication in their lives had taken human life, and besides spoiling their own lives had become burdens on the state.

How this might be was brought out by another visitor who spoke of a particularly amiable young man who, one night when out with the boys, took two or three glasses of beer, and on being irritated by his drinking chum, hurled a beer bottle at his head,

rendering him unconscious for many hours. All that saved the young man from a felon's cell was a heavy woolen cap which by chance protected the companion's head and broke the force of the blow.

NO MORE hopeful sign appeared than the thoughtful questions of young women regarding the advisability or safety of marriage with drinking men. One asked if she, at twenty-two, healthy in every way, could expect a reasonable degree of happiness and sound children if she married a rather brilliant business man of forty-five who was and had been for some time a heavy drinker, but not [as yet] a drunkard.

Perhaps the answer could be found in the story of another in a distant city who had made exactly that perilous experiment. She had suffered mental torture from her husband's selfishness and abusive tongue, had been struck down again and again, her two children were dangerously delicate, and she had come to know that, probably as a result of drink, he had been grossly unfaithful to her, contracting disease which not only made it unsafe for her and her children to remain with him, but also, as symptoms appeared to show, had already stricken him with progressive paralysis which would soon make him a burden instead of a breadwinner—and that before his fiftieth birthday.

She said, "I knew my husband drank before I married him, but how could I know or even guess the fearful results?"

"MY ONLY son, thirty years of age," said a widow with a noble, grief-lined face, "has dreadful periodic sprees, although he loathes himself for his weakness. Is there anything known that can help him?" A few sympathetic questions showed that the son undoubtedly belonged to that hopeless, suffering class, the true dipsomaniacs, whose births, like his, have so often resulted from a father's drunken bout or from his steady alcoholism.

To this mother, as to many another sad questioner, the demonstrator could only sorrowfully say that no human remedy has been known to cure. The condition seems to be similar to epilepsy. The best that can be done is to put the innocent sufferers in restraint under the care of a competent physician whenever the seizures are impending. He may be able by suitable treatment to abort the attacks so that the threatened debauch may be avoided.

THERE is always the danger that a single intoxication may set in motion fearful responsibilities. One lady, with tearful eyes,

told of a healthy father who once only in his life (perhaps at his wedding) had been tempted too far and became intoxicated. The one lapse from sobriety resulted in a mentally defective child. Another told of a speechless imbecile whose support still

burdens the tax-payers of a country town. The old folks who remember his birth say that one night some seventy years ago, his father came home drunk. A human being was spoiled, a burden laid which sober men are still carrying.

## The School Law: the Teacher's Opportunity

BY CORA F. STODDARD

FOUR years ago, at the London International Congress Against Alcoholism, the president of the British Teachers' Association expressed his gratitude that, by action recently taken in England, at last the British teachers had a right to teach the child that he had a body and how to take care of it.

This privilege was given American teachers long ago in the laws enacted in the United States providing for instruction in the laws of health including those that relate to the use of alcoholic drinks and other narcotics. Thus American teachers have been pioneers. Little by little other nations are beginning to see that America was wise and foresighted in requiring that her children should be taught the dangers in habit-forming drinks and drugs. Last Easter week, twelve hundred German statesmen, teachers, physicians and other leaders met in Berlin under the honorary presidency of the Prime Minister, and for several days seriously discussed the sole question of how best to train the children of Germany to total abstinence as regards alcoholic drinks. Principles of instruction recommended were similar to those urged from the first in the United States.

There is perhaps no study in the public schools which gives the teacher a better opportunity than this for broad constructive social service of humanity. Through it, he is not only training the child himself to habits of sobriety, but the teacher also has his shaping hand upon the society and social questions of tomorrow. He is training strong bodied men and women for future fathers and mothers, and thereby reducing for the next generation the problems of degeneracy. He is cutting away the roots of drink-caused poverty and misery. He is stopping up the source of drink-caused crime and disease. He is working to produce clear-headed men and women with brains undrugged by alcohol who will have the vision and the will to solve a problem unmastered by the civilization of the past, of how to detect and destroy in the germ

influences which allowed to mature cause social and national decline.

Much of our social work now is necessarily remedial. It is not too much to say that to the teachers of America is given the opportunity of doing that preventive work which in the next generation will cut off much of the misery and waste with which the human race is today afflicted. "We cannot solve wholly all social problems by doing away with alcohol," said Judge Popert of Hamburg, "but as things stand today there is hardly a social problem that can be solved unless we dispose of the alcohol problem."

Such is the opportunity of the teacher today—to train every child in his or her care to intelligent sobriety for the child's sake, for society's sake, for humanity's sake. Temperance instruction is not a matter to be treated lightly, not to be pushed into some corner of the school curriculum. On the contrary, the teacher and superintendent who fully realize its far-reaching importance will give it adequate time, conscientious preparation, personal influence and example, conscious that through it they are laying the foundations of a more noble human race and social order.—*The Temperance Cause*, Boston, Oct. 1913.

(Concluded from page 23.)

It is necessary for you to be able to endure continued heavy strain without exhaustion in order to be fresh for emergencies. The use of alcohol undermines and endangers the nerves.—Emperor William II.

We need men who are awake! The alcohol which makes a man contented and puts men to sleep is a bitter enemy to the laborer.—Richard Froelich, Vienna.

The man who must have at his command the best that is in him, I would, with all the emphasis I possess, advise and urge to leave drink alone absolutely. He who drinks is deliberately disqualifying himself for advancement.—Ex-President William H. Taft.

That nation which is first to free itself from the injurious effects of alcohol will thereby attain a marked advantage over other nations in the struggle for existence.—Crown Prince of Sweden, 1910.



(Continued from page 26.)

torials which give still greater emphasis to the facts.

3. Some editors will themselves glean information which may stay pens that otherwise would misdirect public opinion. It is as important to prevent the dissemination of false ideas as it is to spread the truth.

Three hundred dollars, at the outside, would cover the expense of preparing, printing and mailing monthly these budgets of information to 1,000 editors. Here again is a definite bit of practical temperance work awaiting a relatively small amount of money. Who will give it?

#### CLEARING THE WAY FOR FACTS

LIQUOR ADVERTISEMENTS are often a bar to the publication of temperance facts; the editor or publisher feels the pressure of the advertiser. Here is the courteous reader's chance. Let him tactfully but definitely

point out to the editor the misleading statements in advertisement or news item, protest against the advertisement, ask for publication of correction of news item. Link up to some daily happening of current interest the temperance element that otherwise might pass unnoticed. Continued pressure of this kind will influence the publisher. Thousands of dollars worth of liquor advertising are now being given up, because "our readers don't like it." The editor knows that every reader who protests represents hundreds of others who feel the same way. The more who protest, or who send really pertinent news items, the sooner will the publisher realize that it is to his advantage to clean up his advertising columns from liquor advertisements and his news columns from inaccuracies. And when the advertising columns are clean, the newspapers will not only readily publish facts but will themselves fight alcohol.

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4. Deaths of Babies Increased as Mothers Became More Alcoholized.
5. Parents' Drinking Retards Development of Children.
6. Hand in Hand—Feeble-Mindedness, Alcoholism.
7. More White Plague in Children of Drinkers.
8. Defective Children Increased With Alcoholization of Fathers.
9. Alcoholism and Degeneracy.
10. Alcoholic Parents Had More Feeble and Defective Offspring.
11. Deaths, Defects, Dwarfing in the Young of Alcoholized Guinea-Pigs.
12. Drink Impairs Scholarship.
13. Wine-Drinking School Children Do Poorer School Work Than Abstainers.
14. Drink Burdens Childhood.
15. Children in Misery.
16. Drink Cuts Into the Support of the Family.
17. 'Till Death Do Us Part (Divorce).
18. Youth and the Alcohol Habit.
19. Drink a Great Cause of Immorality.
20. How Drink Leads to Immorality.
21. Alcohol Impairs Muscle Work.
22. Skill and Endurance Impaired by Drink.
23. Moderate Drinking Reduces the Workman's Efficiency.
24. Daily Drinking Impairs Memory.
25. Alcohol Reduces Mental Rapidity.
26. Employers Prefer Non-Alcoholized Workmen.
27. Three Accidents Monday—Two Other Days.
28. Drinkers Had One-Third More Accidents Than Abstainers.
29. Alcohol Going From the Medicine Chest.
30. Where Drink Did Its Work Among Insured Men.
31. Some Diseases of Chronic Drinkers.
32. Drinkers Had More Sickness Than the Average.
33. Drinkers' Sickness Lasted Longer Than the Average.
34. More Drinkers Died Early.
35. Keep Cool. Drink Increases Danger From Sunstroke.
36. Death-Rate in Pneumonia Increases With Alcoholic Habits.
37. Tuberculosis Patients Handicapped by Alcoholic Habits.
38. More Deaths From Alcohol Than From Typhoid or Smallpox.
39. Abstainers Have Less Sickness, Smaller Death Rate.
40. The Titanic's Loss Repeated Every Eight Days.
41. An Adult Death From Alcohol Every Eight Minutes.
42. Alcohol Responsible for One Suicide in Every Four in United States.
43. Insurance Records Show That Drink Shortens Life 11 per cent.
44. Do You Know? One Insane Person in Every Four Owes His Insanity to Drink.
45. Assaults and Drink.
46. Drink's Cost to the Taxpayer in Poverty, Crime, Pauperism, Etc.
47. What Germany's Emperor Thinks About Alcohol.
48. The Abstainers' Advantage in a Championship Walking Match.
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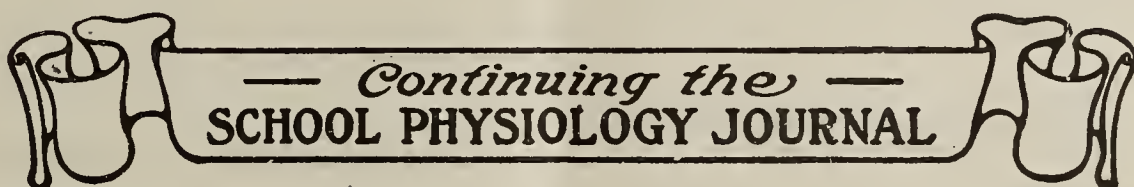
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# SCIENTIFIC TEMPERANCE JOURNAL



— *Continuing the* —  
SCHOOL PHYSIOLOGY JOURNAL

**A** thing is great  
Partly by its traditions,  
Partly by its opportunities,  
Partly by what it has accomplished,  
And partly by the doors of service  
to which it holds the key.

GEORGE ADAM SMITH

*Published at -*  
BOSTON, MASS.

DECEMBER, 1913



## THE POINT OF THE PENCIL

**W**HY does the American drink bill go on increasing, is a question puzzling more than one inquirer. America's cosmopolitan population is a part of the answer. (P. 35.)

\*

**B**EER makes one tired, said the German workman when asked why more milk bottles than beer bottles were going to his fellow workmen. He could have added, Beer makes more accidents. (P. 34.)

\*

**B**ROWNING in one of his poems prayed, "Spare me my mind, O God." Modern science does not permit men to shake off upon Providence responsibility for mental disorder. The use of alcohol is one direct, intermediate or precipitating cause of insanity. (P. 43.)

\*

**T**HE twilight zone where poverty and drink meet sometimes makes it difficult to determine absolutely which is cause and which effect. There are, however, many cases like the actual one related (P. 40) which if thoroughly analyzed would show drink to be the original fundamental cause.

\*

**T**HE money cost of war is one of the chief arguments used against it. The maintenance of armies in times of peace brings only financial loss; it does not impair the vigor of the race. Yet Germany

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spends twice as much on drink as on her army and navy, and as a result loses every year almost as many men as fell in the entire Franco-Prussian War. (P. 37.)

\*

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# Scientific Temperance Journal

Vol. XXIII

BOSTON, DECEMBER, 1913

No. 3

WITH place, with gold, with power—  
oh, ask me not  
With these my little hour of life to blot.  
A little hour indeed? And I would fain  
Its moments spend in what is worth its  
pain.  
What traveler would faint through trou-  
blous lands  
To gather only what must leave his hands  
The moment that he takes his homeward  
ship?

Earth's goods and gauds give every man  
the slip;  
But wealth of thought, and richer wealth  
of love,  
Must pass for coin in any world above.  
The good to others done while here I  
strive  
Is all at last that shall my dying thrive;  
And, setting sail, my slight self-conquest's  
store  
Is all my freight if I shall come to shore."

\* \* \*

## DRINK'S SIGNIFICANCE TO LABOR IN INDUSTRIAL ACCIDENT.

THE bearing of alcoholism upon health has a deeper significance for workingmen than for any other class of people, because it increases the danger of accident. It has been proved by the numerous scientific experiments and investigations of well-known, competent experts, such as Kraepelin, Baer, Bollinger, von Bunge, Fraenkel, von Grutzner, Zichen and others, as well as by the experience of daily life, that the immoderate\* use of alcohol undoubtedly has an unfavorable influence upon the working of the human brain. The brain is not only made unable to work by the immediate effects of intoxication, but for a considerable time after the subsidence of actual intoxication, mental and physical working ability are more or less seriously impaired.

For all those whose occupations particularly demand accurate observation and judgment, the influence and after effects of immoderate drinking are of importance because they increase the dangers naturally involved in their occupations and may occasion danger to those engaged in work that is not otherwise dangerous. For this reason the trade associations include in the circulars they send out for the prevention of accidents strict warning against the employment of intoxicated persons.

Up to the present time only a few trade associations [in Germany] have gone so far as to forbid the use of alcoholic

drinks entirely during work hours. Twelve associations publish in their accident circulars the statement that persons who are known to the managers as being addicted to drink will not be employed in work that involves unusual danger. . . .

It is not difficult to determine when accidents are due to acute alcoholism; that is, actual drunkenness, because they can scarcely avoid detection. But these are of almost no importance in industrial accidents because a visibly intoxicated man would not be allowed to go to work in any establishment even half-way well ordered. Hence, the number of industrial accidents resulting from that cause, if mentioned at all in statistics, is naturally very small.

### The Peril of the Habitual Drinker.

But much more difficult for statistical handling are the accidents connected with chronic alcoholism, an habitual, even though not immoderate, use of alcoholic drink. For, on the one hand, such cases are difficult to detect, and on the other hand, in every case where several causes work together, it would require a special investigation to determine whether the habitual use of alcohol is to be looked upon as the determining cause, and the statistical entry made accordingly.

A practical example might show the difference in the two cases. If a visibly drunken beer wagon driver, who swayed back and forth upon his seat, should fall

\*It will be understood that the term "immoderate" is only relative.

from his wagon, there would be no doubt about classing the accident as due to the immoderate use of alcohol. But if the same accident—a fall from a wagon—should occur to a beer wagon driver who is an habitual drinker but does not take more than the usual amount in his calling, and on the day of the accident showed no visible effects of drink, it would be difficult to determine that it should be set down as due to alcohol without going very particularly into the accompanying circumstances (street noise, shying of the horses, collision, etc.). In most cases of that kind the usual method of investigating accidents as well as the accident formula and the physician's opinion seldom make any mention of the influence of alcohol; and hence cases of that kind, those influenced by steady drinking, are scarcely to be found in accident statistics.

Nevertheless, according to the opinion of all experts, the occurrences of daily life, the observations of industrial overseers, and the damaging effects of habitual drinking upon mental and physical working ability, the number of industrial accidents to be attributed even only indirectly to alcoholism, must be extremely large.

#### **Accidents Decrease With the Sale of Non-Alcoholic Drinks.**

Further evidence concerning the unfavorable effect of the immoderate use of alcohol upon the frequency of accidents is found, as already stated, in the annual report of industrial supervisors, as, for example, in the report of the inspectors for the district of Hildesheim (1904), which gives the experience with a curtailed use of beer of a large establishment, the Ilseder Foundry, having over 1,000 employees. In 1901, the management of the foundry made an arrangement whereby the workmen could buy beer in limited quantities at cost, and mineral water and coffee below cost. They forbade the purveyors of bottled beer to enter the foundry. The result of this arrangement was a steady decline in the use of beer and an increasing use of coffee and mineral water. At the same time there was a marked falling-off in the number of accidents serious enough to be reported.

For the four years, 1897-1900, the average rate of accidents per 100 workmen was 11.8. The lowest rate of this period was 9.47 per cent. In 1901 when the firm took in hand the supplying of drinks, as

stated, the accident rate fell to 5.7 per 100. During the years 1901-4 the sales of beer fell from 452 litres per employee to 388; the sales of non-alcoholic drinks increased in about the same ratio, while the accident rate dropped steadily until in 1904 it was only 3.2 per 100 employees, as compared with 9.47 before the firm introduced the sale of the non-alcoholic beverages.

A similar report is given for the district of Wiesbaden, where there has been a large falling-off in accidents among brewery workmen in ten large breweries following the abolition of free beer.

#### **Drink Retards Recovery from Accidents.**

As the existing evidence leaves no room for doubt that alcoholism has no small influence upon the frequency of accidents, so also, many years of experience in the healing of accidental injuries have shown that alcoholism has an unfavorable effect upon recovery. Accidental injuries in alcoholics are much more difficult to heal than in sober persons, and the most insignificant injury often leads to a serious condition in workingmen addicted to drink.

Weymann also says: "According to the statements of standard authorities it is established that alcohol increases the susceptibility to loss of blood from the body and the danger of surgical operations. . . . Delirium tremens often follows injuries to drinkers, and the effects of alcohol upon the heart often makes it impossible to use chloroform, or if used, it causes a fatal termination of the narcosis."

The report of the Imperial Insurance Office for the year 1905 says: "According to experience, alcoholism has an unfavorable influence upon the frequency of accidents. The result of accidents in persons whose resistance has been weakened by alcohol, or those suffering physical or mental injuries therefrom are more serious and develop more unfavorably than in healthy persons. Those who pay accident insurance have, therefore, from the standpoint of the prevention of accidents, every inducement to include the fight against alcoholism in their circulars of instruction concerning prevention of accidents."

#### **The Heavy Burden of Alcohol on Industrial Insurance.**

Weymann, in harmony with other statisticians, estimates the additional ex-



pense which the German workingman's insurance annually has to bear as the result of alcoholism and its accompaniments, at many million marks. Since the workmen have themselves to carry half of the total amount—nearly 500,000,000 marks at the present time, and all preventive measures which affect life and health are to their own interest, it follows without further debate that all these questions touch the working class most

closely and for their practical solution need the co-operation of the workingman.

The same is true for the people as a whole, for the alcoholism prevalent among all classes of people with its direct and indirect consequences, signifies for the nation a loss of productive power and an increase of unproductive expenditures.—Translated for the Scientific Temperance Journal from *Quellen Materiel zur Alkoholfrage*, 3rd edition.

\* \* \*

## SIGNS THAT IMMIGRATION AFFECTS OUR DRINK RATE.

E. L. Trans eau, Boston.

**I**F Prohibition prohibits and education educates, why has the United States, which has more of both than any other country, shown on the whole a climbing per capita consumption of alcoholic liquors?

This bothersome question arises periodically to try the faith of those who believe that our educational and legislative methods are the most logical means of putting an end to alcoholism.

There are doubtless various factors involved in answering the question, but it almost answers itself when one reads of the arrival of 30,000 immigrants in a single week. These come chiefly from countries having a higher per capita consumption of alcohol than ours, and may certainly be assumed to bring the drinking habits of their native lands with them.

A number of statistical studies made for various purposes show quite conclusively that the consequences of alcoholism are found in considerably higher percentages among the foreign-born and their American-born sons than among native Americans.

### Alcoholism a Most Frequent Disease

Many of these statistics are to be found in the report (1911) of the Commission of Immigration appointed by President Roosevelt. Thus, hospital records in New York show that the most frequent disease treated among Irish, Scotch, English and German immigrants and their sons is alcoholism. A study of the different races treated in the Massachusetts General Hospital reported by Dr. Richard C. Cabot in 1911, showed that of the Irish 46 per cent and of the Italians 30 per cent, might be rated as alcoholic. The highest rate of total abstinence was among American patients.

Court and prison records in New York and Massachusetts, where commitments for drunkenness are entered separately, show that drunkenness is the most frequent offense among the Irish, Scotch, English and Canadians. All had a higher percentage for drunkenness than the native-born of native fathers. In Massachusetts (1908-1909) four-fifths of all the foreign-born Irishmen's sentences and three-fourths of those of his sons were for drunkenness.

Charity records show that applications for aid necessitated by the drunkenness of the bread-winner are more frequent among these same classes.

Insanity records place the Irish, German and Italian immigrants above Americans in the frequency of alcoholic insanity.

### A Changing Immigration

There is, however, one further consideration involved. The Irish, Scotch, English and Germans who not long ago furnished 80 per cent of the foreigners coming to our shores, have within the last twenty years interchanged places with the Southern races of Europe, who are now the principal contributors. Among these the Italians are most numerous.

Has this changed our alien alcohol problem?

Travelers through Southern Europe, as a rule, report seeing no drunkenness among the people, but everywhere a temperate daily consumption of the "native wines" with no noticeable injurious effect. But occasionally a trained observer sees further into the customs and circumstances of the people. One such, a Hollander (Prof. W. Deeke) in his book on "Italy," records that that country stands

at the head of European states in respect to offenses against life; that the prisons are filled with people who have attempted the lives of others; that "brawls over wine or cards inflame the mind to such a degree that knives or revolvers are drawn."

Professor Deeke's words were recently confirmed by the Italian Prime Minister, who in introducing a bill for the reduction of intemperance said, "Drunkenness not only promotes crimes in all their multiple forms, but it destroys family life and love of work."

This home testimony was verified, as we have seen, by Dr. Cabot's observations in the Massachusetts General Hospital. Dr. Cabot said that knowing how comparatively rare it is to see an Italian drunk in the streets, he was surprised at the number of alcoholic patients from that race, but that conversation with an Italian physician confirmed his figures. The high per capita consumption of alcohol in Italy would also show their use of alcohol to exceed ours.

We have seen that in his own country the Italian's passionate nature is inflamed

by wine before he reaches the stage of drunkenness. In the New York court records the Italians are far down on the list for drunkenness, but in personal violence they stand at the top.

Thus statistics as well as personal observation point to the conclusion that the per capita consumption of alcohol by alien races swarming to our shores is much greater than that of the people who have been for generations under the influence of our educational and legislative training. They show that alcoholism expresses itself in different ways according to racial characteristics; that while in some it swells the ranks of the self-poisoned, requiring medical relief, or of the drunken and disorderly upon the streets, or of the dangerously demented, or of the poverty stricken, in others, with less visible warnings, it precipitates sudden crimes of passion and bloodshed.

By continuing the alcoholization of the immigrant we are bringing ourselves dangerously near to the time when the question will not be what America will do for the immigrant but what the immigrant will do to America.

\* \* \*

## HEALTH CONSERVATION THROUGH EDUCATION

Dr. Thomas F. Harrington, Boston.

THE successful campaign against the harmful germs has been so to raise the inherent fighting power of each human being that the attacks from germs cannot get by the person's defense; that is, by his asset of health income. Each person has within himself this resistant power to disease. Modern medicine consists greatly in bringing it into action. In the fight against tuberculosis alone it has resulted in a reduction of deaths in Massachusetts of 45 per cent since 1880. If the same principal is applied widely and in accordance with established facts in medicine, so that individuals are enabled to develop a greater working power, both in quality and in quantity, the increase of each one's wage income would exceed, or at least keep pace with rising prices.

The more clearly one sees the whole field of preventive medicine, the stronger the conviction that all the problems are

social problems and that they must be solved by social remedies. This is at once evident when we recognize first that the responsibility for the conditions that cause these diseases lies with the people, and secondly that all the power and the authority for bettering conditions also rest with society and its agents.

It is a popular belief that the control and the prevention of disease are largely a duty of the medical profession. This is not true. The medical profession can and does furnish the technical information as to how disease can be abolished, or at least reduced. The physicians can point out the way, but they cannot of themselves accomplish anything permanent without public support. This support, this co-operation, can come best when the public understands what is needed and why it is necessary. Public education, therefore, becomes an indispensable and a necessary factor in every movement for conserving health.



## ALCOHOL'S VICTIMS

**E**VEN yet, one meets with the claim that Germany, the land of beer, has little drunkenness. Evidence to the contrary is accumulating although statistics as yet are imperfect as Dr. Hartweg, director of the Statistical Bureau of Lubec, pointed out in an address before the German Congress on Temperance Education of Youth, partly because the terms, "alcoholism," "inebriety" and "drinkers," are variable and not so sharply defined as in the cases, for instance, of blindness, deafness or hygienic dwellings.

We are further delayed in getting an adequate representation of the meaning of alcohol to the nation, said Dr. Hartweg, by the fact that statisticians for a long time lacked insight as to the significant importance of alcoholism and have failed to give it direct attention. This is true not only of Germany; in the United States, also, many of the statistics are, as it were, a by-product of data gleaned for some other purpose.

Such was the case with the material obtained from the German Imperial Statistical Bureau in 1906 and 1910, but possibly it is for this very reason all the more reliable and free from bias.

In an examination of these and other official statistics, Dr. Hartweg shows that according to the latest estimates Germany is spending annually about 3,565,000,000 marks for alcoholic drinks! more than twice as much as for army and navy (1,555,000,000 marks in 1912). "Much has been said about the folly of our expenditures for armament; there is even more reason to call folly this vast expenditure for alcoholic drinks."

The general hospitals of Germany treated 31,809 cases of alcoholism and delirium tremens in three years, 1905 to 1907. Nineteen thousand and ninety-six alcoholic cases were treated in the hospitals for mental diseases, epilepsy, etc., making a total of about 50,000 cases of pronounced alcoholism. There were, moreover, 38,244 patients with mental diseases in which intemperance was a factor; in the general hospitals, 6,145 cases of liver cirrhosis, a disease nearly always associated with hard drinking. This makes altogether 85,289 persons in whose condition alcohol was markedly a factor, to say nothing of hundreds of other patients received in the general

## IN THE LAND OF BEER.

hospitals in whose illness alcohol was a factor, and it is known that only a fraction of cases of illness come to a hospital for treatment.

## Death Loss from Drink

Mortality statistics are not yet sufficiently detailed to reveal exactly how large is the number who die as the direct result from drink.

In Prussia from 1909 to 1911, Dr. Hartweg states, between 825 and 1,096 died annually. The figures for the whole empire must be between 1,300 and 1,600, say 1,500 in round numbers. The deaths indirectly due to alcohol estimated on the basis of the Swiss percentages of 9.2 per cent of deaths of men and 1.7 per cent of deaths of women, would give a total for Germany for the year 1910 of about 31,000 deaths, or only a few thousand less than the whole Franco-Prussian war cost (40,743).

About 1,300 men committed suicide as the direct or indirect result of drink.

## Other Social Losse

Imperial statistics give no clue as yet to the extent in which drink is a factor in crime, but in Bavaria in 1910 information was obtained showing that 11.5 per cent of all convicted persons were intoxicated or under the influence of alcohol when their crimes were committed. Even on the basis of 10 per cent, if the same ratio holds for all Germany, it would give a total of 53,800 persons for whose misdemeanors drink may have been wholly or partly responsible.

Saxony divorce rates applied to all Germany would place the number of divorces granted for drink at about 600 annually. But this gives no true conception of alcoholism on married life since it enters into other causes assigned for divorce.

All these are figures behind which so much misery is concealed that they compel not only consideration but action.

Further compilation of statistics, says Dr. Hartweg, will certainly not weaken but sharpen this impression, but the anti-alcohol movement has a pressing need of comprehensive figures.—Translation for The Scientific Temperance Journal.

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ONCE Truth's banner unfurled  
Where's Falsehood?  
Sun-smitten to nothingness hurled!  
—Browning.

# With the Editor

## DISHONESTY AND DRINK AS FACTORS IN CRIME.

**U**NDER the heading, "Dishonesty, Not Drink," the American Wine Press (Oct. 15, 1913) quoted figures from the Board of Directors of the Virginia State Penitentiary to the effect that of the 675 prisoners received during the year ending Sept. 30, 1912, 315, or nearly half, were total abstainers from intoxicating liquors; 275 "moderate" drinkers, and only eighty-five intemperate.

"These figures," triumphantly declared the American Wine Press, "absolutely refute the claims constantly made by professional agitators and Prohibition orators that drink is responsible for most of the crime and criminals. The truth is these statistics show that most of the crime comes from greed and dishonesty."

So much for the interpretation of the Wine Press.

The secretary of the Board of Directors of the Virginia State Penitentiary writes under date of Oct. 7:

"The figures quoted are correct, but it must be borne in mind that the table is compiled from answers given by the convicts themselves. In my opinion it is not worth the paper upon which it is printed. I doubt if 10 per cent are total abstainers. Long experience teaches me that the new arrival almost invariably tries to impress the official minds of the institution that he is innocent, or at least innocent of intentional wrong-doing, and that his habits are good."

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## TWIN EVILS.

**T**HERE was a notorious trial on the Pacific Coast the past summer in which the downfall of two young women was the center of a moral tragedy. Champagne had been served the young women at the instance of the men. "I guess I was intoxicated," said one of the victims shamefacedly, according to the newspaper accounts.

The Chicago Vice Commission declared that in its investigation of the social evil, next to the house of prostitution the

most important and conspicuous element was the saloon. Dean Sumner, chairman of that Commission, declared that the saloon "is the greatest supporter of the social evil."

A report of an exhaustive, up-to-date study of working conditions in New York department stores appeared in July in the National Civic Federation Review. Embodied in the report is a statement signed by thirty-seven representative men and women, qualified to speak, who believe gross injustice has been done department store girls and working girls in general through comments linking the wage-scale with the so-called 'white slave' problem."

Brigadier Emma J. Bourn, superintendent of the Salvation Army's Rescue Home, testified that so far as she could recall in about 1,500 cases handled in thirty years she had never had an experience where she could trace the downfall of a girl directly to insufficient wages or poverty.

## Immorality as a Consequence of Drink.

"Immorality," said one woman who had suffered all the horrors of poverty, "is not a thing of class. Of ten girls whose confidence I had, strong women between 18 and 35, none became unfortunate through actual want. Only two actually sold themselves, and they were two who were lazy and of strong sexual natures. Four were fond of liquor and immorality followed."

As it happens, in this small group the percentage of immorality due to drink coincides exactly with that given by Dr. R. W. Brandthwaite in his study of over 800 immoral and inebriate women in British reformatories. There were 40 per cent of these women for whose immorality "there was apparently no other reason than the antecedent alcoholism or alcoholic indulgence."

## A Question of Public Health.

The effect of alcohol in lessening the natural self-restraint is thus a tremendous factor in creating that world of immoral relations which constitutes such a menace to society as a whole. Merely



from the standpoint of public health, the connection between alcohol and the special vice diseases contracted while under its influence cannot be too definitely emphasized. A volume of data on the alcohol question compiled from the Imperial Statistical Bureau in Berlin, on the relation of alcohol to the workingman (*Quellen Material zur Alkoholfrage*), lays stress upon this very question.

Following its discussion of the interrelation of alcohol and tuberculosis, the volume says:

"Of no less importance to public health is the close connection between alcoholism and sexual disease, the contraction and dissemination of which, according to the experiences of physicians attached to sick clubs and invalid insurance organizations, is promoted by alcohol, while at the same time their cure is retarded by the same cause. How much of this disease is found among the working classes is shown by the statement of Dr. Silber, of Breslau, in a prize essay entitled, 'How Can Contagious Venereal Diseases in Germany be Effectively Combated as a Public Plague?' He reported that in Germany on the average about one-tenth of all members of sickness benefit clubs undergo treatment for such diseases.

"Another expert, Dr. Laquer, of Wiesbaden, estimated (1906) in the report of the twenty-third annual meeting of the German Society Against the Misuse of Spirituous Drinks, that of the 150,000,000 marks lost on account of these special diseases, from one-third to one-half of this amount is directly attributable to the effect of alcohol."

Go where one will into the field of effort for the betterment of human life and it is impossible to avoid meeting almost immediately the malign influence of this drug. The problem of social wholesomeness is complicated at every point to a greater or less degree by alcohol, not only because it is to so large an extent itself a cause of social unsoundness, but also because it has in social custom and long generations of use so permeated all classes of society that it tends to obscure vision as to its true importance.

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**T**OMORROW ever does its work irresistibly and does it today, and it even strangely attains its object. Such is the process of progress and that workman has no bad tools.—Victor Hugo.

## JOHN BARLEYCORN A POOR ROOM-MATE.

**U**NDER this heading the Cornell Sun reviews an article on the drinking problem at Cornell, written primarily in opposition to a proposal to have the state legislature pass a bill prohibiting the sale of liquor within four miles of the University. It is not written from the standpoint of abstinence, yet there is at least significance in the emphasis upon the importance of sobriety in the University man, and one may hope that with fuller knowledge of the scientific facts he will come to realize that the problem is not, as the article claims, solely one "of drunkenness."

The writer maintains that statistics of the city police bureau show the decline of "excessive indulgence. In the face of this improvement why does the cry still go up? The reason is obviously that there is ever a minority of men in college who cannot tell the difference between 'wet' and 'saturated.' Every term a number of men are dropped from the University for drunkenness, and many others are warned. These are the men who constitute the Problem at Cornell. They are the ones who, so to speak, are not content with having John Barleycorn for a speaking acquaintance, but insist on taking him for a room-mate. When it is good form to always stay sober, drunkenness will disappear."

Meanwhile, the Seniors at Cornell have voted that liquors may be served only at the Senior Boatrike and Senior Nights, and by a majority of forty-four they voted to bar out intoxicants at all other class functions, including the Senior banquet.

Police statistics of Ithaca show that the arrests of undergraduates of Cornell have materially decreased in the past five years from 142 in 1908 to twenty-one in the college year 1912-13. Several reasons enter into this decrease, but the proctor of the University maintains that much of the disorder can be traced to drinking and that other amusements are now taking the place of the saloon. "The student under the influence of intoxicating drink is now more pitied than laughed at. It is not necessary to get drunk to be a full-fledged Cornellian."

It is certainly to be hoped so. Meanwhile, as progress is being made in the

spirit of sobriety there may be commended to the university students, not only of Cornell but of America, the earnest words of Prof. Kraepelin to the university students of Germany:

"The young people in our educational institutions are to furnish the leaders in the struggle of the nation toward spiritual, moral and political development. Consequently, there falls upon them the tremendous responsibility of being willy-nilly educators of the masses. . . .

"This is undoubtedly the most important point in the alcohol question as far as students are concerned. . . . Alcohol has seemed to us a nice plaything or even an amiable friend. Today, however, we know that the jolly comrade cheats us out of our self-respect, brings to ruin every being and every nation that yields to it. . . .

"Our movement against alcoholism is the sign of a new era. We wish to be modern men, and therefore young people must take the lead.

"When foreign enemies threaten our

border it is our young men who take up arms against them. Today when we have to do with an internal foe, perhaps more dangerous for us than all foreign enemies, should the student body hang back simply that it may not be obliged to give up certain favorite customs?"

The student who "drinks to excess" and "insists on taking John Barleycorn for a room mate" began at the "speaking acquaintance" stage. Prof. Kraepelin's appeal is chiefly to those who remain at the latter stage but whose influence and example make it easy for others more susceptible to the drug to indulge in that use with which abuse begins. How far are the example and influence of the student having only the "speaking acquaintance with John Barleycorn" responsible for those whose conduct brings reproach upon the university?

This is the question which the modern thoughtful university student must consider and answer in the light of modern knowledge and of the growing sense of social responsibility.

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## HOW THE FAMILY WAS SAVED FROM POVERTY.

Edith M. Wills.

**A**MONG the half-million citizens of the city of Boston, a few years ago, was an industrious working-man who had a wife and two children. He received about \$15 a week, not a large wage with which to support a family of four in any city. Of this \$15 he was spending weekly about \$7 for drink, but a sound ancestry had given him an exceptional constitution, and as he was still on the sunny side of 40, he was as yet losing little time from sickness, and was by no means a drunkard. Fortune favored him and he contracted no disease like pneumonia which might very soon have razed the weakened citadels of life, nor did any accident happen to befall him to betray weakened recuperative power or precipitate delirium tremens, which not infrequently follows accident in a drinker, though it may never have appeared before.

Nevertheless, since he was spending for drink \$7 of the \$15 earned, his family inevitably must live in a cheap tenement in a poor part of the city, with only the most necessary furniture. Only the good management and sacrificing work of a faithful wife kept the family fairly well

nourished and barely decently clothed. The family was on the downward slope of comfort; reasonable luxuries had long been left behind, and there could be no savings to provide for unexpected sickness, accident or death.

Had any one of the common calamities overtaken the family, especially had the drinker himself been taken, the family must have been reduced to destruction. Had the mother been stricken, as is often the case after some years of unhappiness and hardship, charitable aid and dependency must have followed.

Although this heavy expenditure of money for drink had swallowed the margin of resources, since the drinker had kept his position and did not appear to be a drunkard, some sociological workers of today would have insisted that the drink habit was the result of poverty in the home and that the poverty was not, as subsequent events proved it was, the result of the drink habit.

It is true that disease, accident or death would have brought the family to the necessity of seeking charitable aid, but it was the drink which had kept it, like



thousands of other families, on the very edge of dependency, and the final catastrophe would have only been evidence of the complete ruin worked by drink.

But in this particular case, before the drinker and his family were quite wrecked, he came under the influence of Christian workers who induced him to sign the pledge. After a fierce struggle with appetite and temptation, he was able to rehabilitate himself, and to do what practically every self-respecting, abstinent man does, apply his whole salary to the comfort and happiness of his family. Within a few months he was inviting his comrades to visit his home to see the new furniture, the better tenement, and the well-clothed, happy wife and children now freed from the fear of disaster and the loss of needed support.

In less than three years the family had so prospered that he was able to take advantage of an opportunity to buy a good home with every expectation of of paying for it promptly.

Too often, unfortunately, the reformation is lacking which occurred in this particular case, and which proves the causal relation of drink. Such families often do not seek charity, but the drinking habit of one or more members deprives them of the means of comfort, of simple culture, of a favorable environment or even of adequate food, clothing or shelter.

The wage of the average workingman is small. It was less than \$600 in Washington, D. C., per year in more than half of the 121 families studied by the President's Homes Commission (1909). Nearly 40 per cent had an annual income of less than \$500. The average expenditure for drink per family in the United States is between \$80 and \$90 per year, even using the conservative estimates of the total expenditure for drink given by the American Grocer. Since thousands of families do not spend a penny for drink, it is evident that the actual expenditure in drinking families must be much beyond this amount. When so large a proportion of a small wage is spent for drink, it is manifestly impossible for the money to be spent for family necessities or comforts. Where the drinking continues, the workman often gravitates into a lower grade position or eventually loses regular occupation altogether.

Poverty undoubtedly, in some cases, contributes to the formation of the drink habit, especially where the drinker has grown up in a drinking and poverty environment. In such cases drink may be an effect, but it is also a cause of further suffering. But there are too many cases like the one here related to permit society to lull itself comfortably to inaction in the matter of drink, in the idea that poverty must be abolished before any substantial progress can be made against intemperance.

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### GETTING READY TO BE A GRANDFATHER.

Rev. Francis E. Clark, D. D.

**W**HETHER we believe in eugenics or euthenics, or both, the obligation rests upon every young man to prepare to be a grandfather. The boy who learns to drink and to smoke cigarettes in his youth, just to the extent which he indulges in these practices cannot be a good grandfather. The boy who is sullen and ugly in disposition, sour and morose, will make a sour and morose grandfather, and probably by example and the passing on of example and of hereditary instincts will produce sour and morose grandchildren.

Every evil thought just so far unfits one to be a good grandfather. Every sensuality indulged in does the same in redoubled measure. Every mean action or crooked place in a man's life, however little it is known by his contemporaries, makes him a worse ancestor for the generations to come; and even if he leaves no one behind him to bear his name, his secret influence and righteous example makes up part of the environment of the present day, which will make the world in the future a better or worse place to live in.

In concluding this homily I need only add that it applies exactly as well to grandmothers as to grandfathers.—In Christian Endeavor World.

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I've seed my sheer of the run of things,  
I've hoofed it many and many a miled,  
But I never seed nothing that could or can  
Just git all the good from the heart of a man,  
Like the hands of a little child.

—John Hay.

## KATE DORMAN—WORKER.

THE telephone jangled and she mechanically lifted the receiver. It was Mrs. Slansky.

"You must take a cab home," she panted. "The baby is awful sick."

"Have you the doctor?"

"Yes! Yes! Dr. Emmett and Matt are with her now. Come quick!"

For one of the few times in her life Kate was dazed and helpless. She repeated the message to Hitchcock, and then she tried to put on her hat with fingers that trembled too much to hold the pin. No one would have recognized "Old Man Hitchcock." He telephoned for a hack.

He led her to the cab and put her in.

"Call me up if I can do anything," he said, as he shut the door.

Kate dashed into the living room of the little yellow cottage. There was a tub of hot water in the middle of the room. Dr. Emmett, one hand on the baby's pulse, the other gently massaging the rigid little body, said:

"Go heat blankets to roll her in. It's a convulsion. When she relaxes, we'll lay her in them."

It seemed to Kate's agonized mind that that white, tiny body never would relax. In reality, it was but a short time before Matt, under the doctor's direction, lifted the little thing to the blankets and Kate rolled her in them. The doctor seated himself by the bed.

"She may go into another. We must watch her every minute," he said.

Kate and Matt and Mrs. Slansky stood at the bed-foot. Suddenly Kate leaned tensely across the foot of the bed.

"Doctor," she whispered, "That is what you warned me of, isn't it?" The doctor nodded without taking his eyes from little Mary. Kate's strong hands clutched the bed. Her mind suddenly was clear; clear, and for the time merciless in its anger as only the outraged mother's mind can be. She began to speak, never raising her voice so that it would disturb her sick child. She turned to Matt and he quailed before the anger in her brown eyes.

"See your work, Matt," she said. "Aren't you proud of it? It isn't as if you **had** to be a drunkard, you know. You didn't inherit it. You drink because you are too lazy and selfish and stupid

to stop. Look at your work! She'll grow up to be an epileptic. There couldn't be anything worse for her. And you think you can keep this up forever? That I'm the kind of a fool that will support you and watch my child grow into idiocy and you come reeling home like the maudlin, drunken fool you are, forever? You are mistaken, Matt. Right here is where I stop. Oh, I hate you, Matt Ryan. It's the weak fools like you that bring ruin. The rascals we can lock up. If it was only you lying there on the bed instead of my baby. I'd feel as if I could laugh for joy."

"Why didn't I listen to Father Michael?" Kate went on. "Why did I think I knew more than he? Why didn't this illness come to me instead of my baby? I suppose the Lord knew that I'm so thick-skinned that the only way he could hurt me enough was through my child. And he was right! Oh God! O God, how it hurts!"

"Hush!" said Dr. Emmett, suddenly. "Put more hot water in the tub, Mrs. Slansky. Ryan, take the child."

"No!" screamed Kate. "He never shall touch her again." She shoved Matt aside and picked the baby up. Matt went over to a chair and sat down. All the rest of that terrible night he scarcely stirred. Kate did not speak again until toward dawn, when she said in a voice neither man was to forget:

"Doctor, let her die. It's better for her to die."

And Dr. Emmett answered quietly. "We must fight to the last, but that is very near. Ryan, you had better go for Father Michael."

And so Kate and Matt learned the cost of their ignorance and weakness, and little Mary's life was the price they paid.—  
From Today, Sept., 1913.

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## JOHN BARLEYCORN NEVER HELPS

DR. A. H. PURDUE, state geologist for Tennessee, wrote one of a very large number of letters received by Jack London concerning "John Barleycorn" in which he said:

"In reading this story of your life I have wondered if you would have accomplished what you have, had you never associated with John Barleycorn; if he has not many times stimulated you, arousing



for the time, all the force there was in you, which had the effect of inspiration that formed the basis of your work. I say this thought forced itself upon me, even though I myself have never made the acquaintance of John Barleycorn and know by experience nothing of his influence as an associate."

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### INSANITY—RESULT OR CAUSE?

By A. and T. Leppmann, in "Health and Disease in Relation to Marriage."

**T**HERE are ingenious doubters who interpret the frequent concurrence of alcoholism with insanity and crime quite differently than we have hitherto. The two latter occurrences, they contend, are not causally subordinate to the first, but of equal rank with it; all the three of them spring from the same source, from the deteriorated state of mind, the psychical degeneration which is quite especially associated with hereditary predisposition or with early acquired defects of the brain.

Enfeebled brains, degenerate individuals, mostly incline to alcoholism and are hit the hardest by it. But directly we begin to understand this, we see what an enormous exaggeration it is simply to place alcoholism, crime and insanity as equally subordinate results of hereditary degeneration.

The germ of alcoholism, crime and insanity, does not lie in this degeneration, as in the seed-corn the germ of a definite plant. The point is rather a congenital absence of harmony of the soul, of equilibrium between desires and inhibitions, and it is because of this absence that a definite injury develops, but only under certain well-defined conditions of life. There are the following possibilities:

Either the conditions of life are so favorable that the weakness of the original tendency is thereby entirely overcome; education and social conditions are so advantageous that the degenerate remains, nevertheless, a sober and honest man and does not become insane.

Or, again, the conditions of life are so unfavorable, bad examples, insufficient nutrition, injudicious treatment, so act in conjunction that all the above three injuries set in, and, indeed, independently of one another.

Between these two extremes there is, however, a certain average of the condi-

In reply Jack London wrote as follows: "No, please believe me, what I have accomplished in this world has been in spite of John Barleycorn and not because of John Barleycorn. John Barleycorn never helped me to do anything. This is straight and flat and right out from the shoulder."—Century Publishing Co.

tions of life, in which it may easily happen that the decay into crime or insanity is retarded until the insufficient inhibition leads the mentally degenerate to drink. Then only, when alcoholism with its consequences has been added to the congenital defect—then only do those further signs of decay become manifest.

Thus these cases in which alcohol plays a very material part as an intermediate cause are very frequent, and we may well say to ourselves:

"Had it been possible to keep these people away from alcohol, they would not have become criminals or lunatics."

But alcohol as such may, though perhaps in the minority of cases, act immediately as the original and principal cause of the insanity or of the sinking into crime. We know that many people acquire the habit of drinking injurious quantities of alcohol under the influence of physiological recklessness, through indiscriminate seeking after pleasure, through drinking customs which it is difficult to disregard, through tempting opportunities, through particularly hard and thirst-producing work.

Even if they should not through this alone become criminals or lunatics, slight additional causes along with alcoholism are then sufficient to bring about the other serious consequences. Social misfortunes, special temptations, an unhappy married life, etc., induce the alcoholic far more easily than the healthy man to commit breaches of the law; in the case of such offenses as bodily injury, defamation and so on, there is not even any need for other co-operating causes.

Insanity, moreover, attacks the alcoholic even if he was hereditarily untainted and originally perfect, sooner than sober persons if such accidental agencies as injury to the head, syphilis, want or imprisonment come into play.

## PREVENTABLE INSANITY.

Thomas Salmon, M. D., New York City.

IT IS likely that alcohol, as a predisposing or as an immediate cause is responsible for more than a third of all admissions to our hospitals for the insane. When, however, we consider alcohol as a cause in diseases in which etiological factors enter, we are upon ground where statements must be made with caution and with many qualifications. Thus, a man with a considerable degree of congenital mental defect is induced by some companions to take a few drinks of whiskey, and he thereupon develops an episode of excitement which lasts for several months. Alcohol is not the most prominent feature in such cases, perhaps, and yet if it is withheld such persons may never develop acute mental symptoms.\*

In considering alcohol as a cause of mental disease it seems best to confine ourselves at first to those diseases which, from their symptom-complexes, we have come to recognize as the alcoholic psychoses. In these disorders, acute alcoholic hallucinosis, chronic alcoholic insanity and Korsakow's disease, to diagnose the disease is to know the cause. About 12 per cent of all first admissions are for these psychoses. They are met in men about three times as frequently as in women, and, as in the case of general paresis, more frequently in admissions from cities than from the country.

These alcoholic psychoses are the direct, unmistakable results of intemperance acting in many cases upon psychopathic individuals, but it is believed that in less direct ways alcohol is responsible for nearly as large a share of admissions to hospitals for the insane. In the year ending September 30, 1909, 45.7 per cent of all the men admitted and 15.7 per cent of all the women admitted were addicted to the excessive use of alcohol.

The idea is spreading among psychiatrists, that, in a world of drinkers, the alcoholic is an abnormal type. This fact does not in any way lessen the importance of alcohol as a cause of mental disease, but it shows the great necessity of throwing especial safeguards about unstable persons in whom intemperance may lead

to such disastrous results.

There is hardly a mental disease which is not influenced unfavorably by alcoholic habits. It lends a tremendous impetus to the retrogressive changes in senility, and, as has been said, the acquisition of alcoholism by defectives often results in acute mental symptoms when none need have occurred if the alcohol had been withheld. Statistics collected independently by several investigators show that the parents of nearly 50 per cent of defective children were alcoholics. It is held by many psychiatrists that no other single cause of imbecility and idiocy, except mental defectiveness in the parent, can compare with alcoholism in the parents, intemperance of mothers during pregnancy being thought to be particularly likely to result in mental defect in the offspring.

Bezzola and Hartmann state that examinations of the birth-dates of idiots and imbeciles in Switzerland show that conception occurred in a large proportion of cases at seasons of the year when the celebrations of certain festivals were accompanied by much intoxication. It is said that this is popularly recognized and that such children are known as "rausch-kinder" ("jag-children"). On the other hand, the birth-dates of defective children in certain fishing villages in Northern Europe where there is much periodic intoxication have been carefully studied and no such relation discovered.\*

It must be borne in mind that the alcoholic parents of feeble-minded children are often alcoholics because they are feeble-minded.†

The prevention of mental diseases due to alcohol, like the prevention of those due to syphilis, is only a part of the general movement against syphilis and alcohol, both being enemies of the human race. Excluding poverty and crime, there is probably no more disastrous result of alcoholism than the continual procession of unfortunates who are entering hospitals for the insane because of intemperance. — From pamphlet, *Why Should Anyone Be Insane?* issued by the N. Y. State Charities and Aid Ass'n.

\*The relation may have existed, but the evidence may not have been complete enough to prove it. The failure to prove is not conclusive evidence of innocence.

†In other words, which defect is caused by the other is as yet unsettled, but when either defect is found the other is apt to be there also; and either in the parents is apt to produce either or both in the children.



**WHAT IS ALCOHOLISM?**

By A. and F. Leppmann, Berlin.

**T**HERE is an involuntary tendency even among professional men to take the meanings of the term alcoholism in too narrow a sense and to look upon it as identical with the inability to resist under ordinary circumstances the desire from immoderate indulgence in alcoholic liquors, or, in other words, with dipsomania.

It must be pointed out that from the standpoint of science and for practical purposes, the word alcoholism includes all the changes, physical and psychical, which arise if alcohol exercises its toxic effect upon the human constitution either for a limited period only, or permanently, that is, for an unforeseen length of time. The limited effect produces acute alcoholism, the continued or long-lasting effect, chronic alcoholism. . . .

For the complete interpretation of the term "chronic alcoholism," it is quite im-

material whether the cause of the chronically toxic action of the alcohol arises from an unconquerable craving for intoxicating liquors or from a harmless and even supposed beneficial habit, from the occupational inducements of liquors, or only from constantly working in alcoholic vapor.

It is also immaterial whether the chronic intoxication is the result of an accumulation of acute attacks of drunkenness, or of a continuous succession of slight semi-intoxications.

The term "chronic alcoholism" in its scientific sense, which we have to use here, includes all these possibilities in an equal manner.

It is really nothing but a paraphrase of the nature of the chronic intoxication that is contained in Kraepelin's words: "Everyone is an alcoholic in whom the after effect of a potion of alcohol has not yet disappeared by the time the next one begins."

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# SCIENTIFIC TEMPERANCE JOURNAL

— *Continuing the* —  
SCHOOL PHYSIOLOGY JOURNAL



A SNOWY MORNING ON BOSTON COMMON.

*Published at -*  
BOSTON, MASS.

JANUARY - FEBRUARY 1914



AT THE POINT OF THE PENCIL

IS IT just or consistent for legislatures to pass laws forcing manufacturers to pay heavy damages whenever their workmen are injured when the manufacturers are compelled to endure the presence of an agency which almost more than any other is directly responsible for accidents? One of them says "No," (p. —), and data on pp. 52 and 76a help him to prove it.

\*

ONE OF the influential organs of the liquor traffic is reported to have said recently that this case of the liquor traffic is called for adjudication by the American people and its trial can no longer be postponed; that in spite of the invested billions and its great taxpaying ability, as soon as the people decide that the truth is being told about the alcoholic liquor trade, the money value will not count, for conscience aroused puts the value of a man above all other things. One way by which alcohol traffic operates to destroy these temporal and eternal values is pointed out on pp. 54-7.

\*

IS IT true, as some argue, that only feeble-minded and otherwise mentally defective persons become drunkards—that drunkenness is not primarily the result of wrong ideals and constant temptation, but of feeble mentality? If so, how account for the fact that in a typical village furnishing exceptional environment, all the drunkards, 36 in the 220 families, were of at least fair stock and all were certainly sound-minded? (See p. 70.)

Scientific Temperance Journal

Founded by Mary H. Hunt

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IN recent years we have heard much about school children who failed to keep up with their school work in spite of the best efforts of conscientious teachers, and who, besides losing the value of the instruction, laid heavy burden on the taxpayers. An investigation similar to that made by a German teacher (p. 68) would probably explain some cases of poor school work.

\*

DURING the recent Balkan War the Greek and Servian soldiers marched, fought and pursued under conditions of rigorous cold and of tropical heat, and when wounded recovered surprisingly quick. Some reasons why they easily out-classed their comrades of other nativity are given (pp. 45, 63).

The Scientific Temperance Federation is the only organization in the United States devoting its efforts solely to popular temperance education in the scientific facts about alcohol. It urgently needs YOUR generous support NOW for its nation-wide work, as set forth in part in this issue of the JOURNAL.

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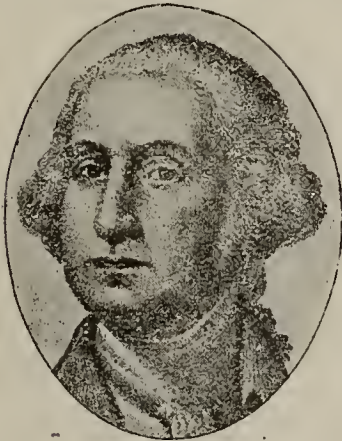


# Scientific Temperance Journal

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No. 4



“WHERE there is no vision the people perish.” So wrote the Old Testament, seer. To popularize ideals of patriotism, so that the great dreams which made our nation shall be constantly in the thought of all the people, is a modern need in our land. The tendency is for detailed wrongs and for petty programs of reform to fill the people’s eyes. Let us not forget the great principles that have made us a nation. The cure for our ills lies in an application of the lofty truths which are woven into the texture of our national being. If more of us would give ourselves whole-heartedly to the promotion of the old-fashioned conceptions of patriotism we should be doing a fundamental service to our land. We are in real danger of letting the little echoes of criticism and agitation drown out the great voice of the American spirit.—The Continent.

## Alcohol In the Balkan War

By DR. POPOVIC

[Dr. Popovic, of Belgrade, who has taken part in two Balkan wars, consented to give an address on alcohol in the Balkan war of 1912-13 in the fourth scientific course on alcoholism at St. Gall, Sept. 19 and 20. The following is a resume of his lecture translated for the Scientific Temperance Journal from L’Abstinence.]

**T**HIS is not the first time that one has been able to prove the unhappy effect of alcohol in time of peace and of war. History relates several instances in which great defeats have been caused by its use. But because of insufficient observations, especially of the somewhat remote instances, only a small part of the facts has been used and described.

As regimental physician in the siege artillery I participated in the campaign in old Servia and Macedonia with the first Servian army, and then spent two months with the Servian-Bulgarian army during the siege of Adrianople until its fall. During a campaign of seven months I sought as a physician and an abstainer to observe everything which closely or remotely concerned the alcohol question. I gathered facts directly among the Servian and Bulgarian troops and was able to observe also Turkish prisoners. My information concerning the other allied armies was at second hand.

### Official Restrictions on Alcohol.

There were some effective means of combating alcoholism in war-time prescribed by the commander of the Servian army, based on article 1039 of the war regulations which recommend that there be no use of alcohol. As far as I was able to learn, no other Balkan country has such an article. One may regret that they

did not go a step further than **recommending** and directly **forbid alcoholic drinks**.

The interdiction was left to the initiative and good sense of individual commanders. But it is very important to note that the Servian officer is never charged to procure or give alcohol to soldiers in health.

It was quite otherwise with the Bulgarians. In the division of Tundscha in which we Servians found ourselves with our long siege guns, they regularly gave the soldiers considerable quantities of alcohol (brandy) and this practice was usual also in other corps of the Bulgarian troops.

As for the Turks, although they habitually pass for abstainers they are not such at all. There now remain only a small number of orthodox Turks, chiefly in Asia, who are truly abstinent, that is to say, who do not take any alcoholic drink. The majority, however, abstain from wine, respecting the letter of the commandments of the Koran which forbid wine. But on the contrary, they drink spirits, beer and even champagne. The young Turks, fully emancipated, drink everything the alcohol industry produces. The Turks are even known as being great spirit drinkers. It is with them as with primitive peoples; easily abandoning themselves to drink, they quickly become morally and physically ruined.

According to the information furnished

me by Turkish prisoners, both officers and soldiers, alcoholism is conspicuous throughout the army. The Albanians alone, of whom I will speak later, are very sober.

In the Servian army where I am best acquainted with the facts, the officers, with the exception of a minority, who are Good Templars, drank wine, less often beer and spirits, and even rarely wine in large quantity. But they abstained absolutely only when they could not procure it. I observed, however, that many of them did not take alcoholic drinks during a battle and this was particularly the case with artillery and higher officers.

#### • Endurance Due to Sobriety.

The soldiers and officers of lower rank lived on an almost completely abstinent regime during the whole campaign, because it was very difficult for them to procure alcoholic drinks and although the Servian peasants very readily drink their spirits. One could prove that they very quickly disaccustomed themselves to alcohol and did not seek it again. It is to this fact that we can attribute to a large extent the superhuman endurance of the Servian soldiers.

On the other hand, they received tea and sugar during the rigorous cold weather which at times reached twenty degrees (c) below zero, and in places where the water was suspected. In the majority of subdivisions wherever epidemics were feared only boiled water was drunk. The foreign witnesses of the Balkan war have declared that they never saw the Servian soldiers drunk or even exhilarated (see especially the book of Dr. Vischer "At the Servian Front," and that of Boucaille, "The Turco-Balkan War").

#### Health and Good Discipline in Abstinent Corps.

There were corps more or less important in which the commanders or the physicians were consistent abstainers and where, during the whole war, not a drop of alcohol was drunk.

A division of field artillery in the division of the Danube where the commander, Lieut.-Col. Lazarevic, a zealous Good Templar, obtained from his troop complete abstinence, had the remarkable experience of not having to report a single serious cause of sickness or any notable infraction of discipline. One could show the same facts in other abstaining com-

mands. Among my soldiers, also, who took no alcohol, although they had exceedingly arduous labors to accomplish, and to endure cold and a very rigorous service, we had no epidemic, our losses were at a minimum and the number of sick very limited.

#### Diseases Caused by Drink.

I can note, on the contrary, two examples where alcohol had serious consequences. They were communicated to me from an altogether reliable source and I do not hesitate, in the general interest, to publish them.

One case was that of a cavalry scouting party whose duty it was to reconnoitre the route of the troops on the march. Instead of going forward without delay, it spent three hours in a place where it found music, refreshments and a jolly company and resumed its way fairly well exhilarated. As a consequence of its delay it brought insufficient information so that the troops which it was supposed to enlighten were surprised and attacked and suffered heavy losses, the most severe of the war.

One other case. An officer of high rank, who, with his staff, had consumed a large quantity of wine, while in the resulting state, ordered an attack upon a fort, which ended in retreat and in considerable losses which were both useless and absurd.

#### As a Cause of Inhumanities

In the Bulgarian army, where the soldiers daily received alcohol, one could prove many cases of drunkenness especially among the volunteers, but also among the officers and subordinates who were good clients of alcohol.

I was witness after the fall of Adrianople of a case in which soldiers in a state of pronounced drunkenness maltreated the Turkish, Armenian and Greek inhabitants, and prisoner-soldiers and officers, and even killed some of them. I saw several in this same condition sacking houses, not even respecting churches. I saw with my own eyes (and can call witnesses) drunken men sacking and profaning the famous mosque of Selim.

If I were to sum up my experiences and observations in the war as to alcohol I should do it thus:

#### Prevalence of Mistaken Ideas.

Educated persons took alcohol most of the time because of fear of suspected water or to quench thirst. During the war



we often had what "christened" hydrophobia of the friends of alcohol." Doctors even were persuaded to protect themselves better from typhus, dysentery and cholera they should take alcoholic drinks and avoid water. They depended on the bactericidal properties of alcohol, but forgot that alcohol by virtue of its bactericidal action exercises its harmful influence on the cells, and also that the haemolytic power of the blood by immoderate use of alcohol is reduced or destroyed, and that in this way the development of infection is facilitated. They forgot also that those who use alcohol are less alert and do not take account of other sources of infection (such as bread, fruits, the hands, linen, utensils, etc.) They took no account of the fact that one can always make water harmless by boiling it, and that it is much easier and less expensive to produce good water, boiled water, or mineral waters, than wine or beer. They sometimes sent fifteen miles for wine although they had the best spring water only a mile or more away.

Such men as well as the common soldier imagined that alcohol gave them strength, courage, gaiety.

#### Alcohol Unfavorable to Wounds

The use of alcohol was shown to be unfavorable also in the healing of wounds, as has been observed in preceding campaigns. I am indebted for an interesting observation to a volunteer hospital sister, Mlle. Protie, a teacher, who served in a Belgrade hospital and studied some hundreds of wounded soldiers as to their al-

coholic habits. She found that those who were not in the habit of taking alcohol recovered from wounds relatively more quickly than those who used the drinks. I was able to make the same observation, though on a smaller scale. Several of my colleagues found also that the wounds of the Albanians, who, as I have said above, are almost wholly abstainers, healed more rapidly and completely than those of any other people.

All the wounded Servians received only warm tea and no alcohol. The Bulgarian doctors, on the contrary, gave their patients brandy in abundance.

It is truly a sad and incomprehensible fact that doctors thus propagate alcoholism. There were in that war, especially in the hospitals, cases in which brandy, wine and beer were used in celebrating victories. One must protest vigorously against such practices.

#### War Horrors Aggravated by Alcohol

I must declare that war is a very pestilence which not only destroys human life and material property, but which destroys also the fruits of the long labors of civilization, diminishing the moral qualities of man acquired with difficulty. Coupled with alcohol war is the greatest pestilence of the world. We, who are working against alcohol, ought as laborers for civilization to strive for universal peace, and, in the name of humanity, to combat alcoholic habits both in time of peace and of war.—Translated for the *Scientific Temperance Journal*.

\* \* \*

### A View of the Abstinence Movement In a German University

By W. L. HOLT, M. D., Boston

**D**URING my residence of the past three years in Germany, I have had an exceptional opportunity to see at first hand the abstinence movement at one of the largest German universities. I was a student at the University of Freiburg, situated in the beautiful old city of that name in the Black forest. My experiences among these German abstinent students may interest the readers of the *Scientific Temperance Journal*; moreover I believe that American students can learn something from their German cousins in social enthusiasm and methods of organization.

One may be surprised to learn that I first joined the abstinence movement in Germany. That was for two reasons. We had no drink problem in the part of California where I had been living, for Riverside is a dry county; but when I reached Germany I was shocked at the universal indulgence in alcohol, especially by the students, and wished to fight this great evil, as well as to associate, if possible, with students who had escaped it. Accordingly, soon after I could talk a little German, I attended an open meeting of the "Deutscher Verein Abstinenter Studenten" or German Union of Abstinent

Students. About a dozen men and a half a dozen women students were sitting about a long table in a restaurant—so far, ordinary enough, but the wonderful thing was that they were actually not drinking beer or even wine, and that this was an "alcohol-free" restaurant! And yet they were as merry as though they had never heard of beer or wine, much less of the orthodox German belief that these are an indispensable adjunct of social happiness. They seemed so much like American students that I felt at home at once, and promptly joined the local club, which was an intercollegiate one represented at most German universities.

The temperance movement is much younger in Germany than in America; and among the college students in 1910 it was still in its swaddling clothes. Out of some 3,000 students, including over a hundred women, we had only a dozen regular members in the "Bund;" and of course we had no house or even a room of our own, but were kindly given the use of a large room by the owner of the "Restaurant zum Goldenen Apfel," who was a temperance leader. But the students made up in large enthusiasm and zeal for the cause what they lacked in material resources. The leading members were also in the Neutral Good Templar Order, a branch of our old International Order of Good Templars, which is the most active and rapidly growing temperance organization in Germany. It embraces men and women of all denominations, including agnostics, and of all political parties, and enlists more followers among the youth, because it aims especially to **prevent alcoholism** by keeping the youth abstinent from childhood. There is certainly great need of both in beer-cursed Germany—and also in the proud United States.

We held open meetings every week or two, at which we had an address on some phase of the alcohol question or on eugenics or some other social reform, followed always by singing college songs from our special song-book which contained no drinking songs.

Unlike most German students, the members of the Bund went in strongly for physical culture, and believed one of the most practical ways of converting their fellow students was to introduce the English athletic sports, and show them that only abstinent students could excel at them. I gave an illustrated lecture on

student life at Harvard and another on football, and baseball, which were well attended. I had hopes of organizing a ball-nine, but the nearest we came to it was to rent a tennis-court and play occasionally. We were badly handicapped by the bad system of lecture hours, which run from eight in the morning to one o'clock and again from three or four to six or seven in the evening, making it impossible for any student to exercise regularly at the proper time, between four and six. We used to swim at 7:30 and rush without breakfast to a lecture at eight, and my friends often fenced or exercised in a gymnasium at eight or nine in the evening!

I greatly enjoyed the long walking tours, which we used to make every Sunday into the picturesque country about Freiburg. If walking can be called the national German sport in summer, surely "skiing" or running on Norwegian skis, was the favorite at Freiburg in winter; and the next fall we managed to rent a primitive peasant's house on a mountain slope and furnished it for a "Skihutte" or ski-hut. We had great fun cleaning, papering and painting the old cabin, which the girls helped to make "gemutlich" or homelike. To be sure it had only a hole in the kitchen-roof for a chimney and, only two rooms, but the great porcelain stove defied the coldest wintry blasts and we had a flowing well of pure water in front of our door, and as broad a view and as splendid slopes for "skiing" as we could wish.

About this time we decided we could never compete with the old and well-organized drinking "Verbindungen," or clubs, with our loose inefficient organization of the "Bund;" and after careful consideration we incorporated as a Verbindung, increasing the dues to a certain percentage of the member's monthly income with a minimum rate, making strict physical as well as mental and social requirements for admission, and enlarging the demands upon the active members. A rich friend gave us a home consisting of two small but artistically furnished rooms above the Golden Apple Restaurant; and we had a very successful house-warming, at which our supporter in the faculty, Professor Aschoff, graced the occasion. We named the society "Frieland" after a successful abstinent Verbindung at the University of Munich.



I should like to tell how hard we worked digging the cellar of our new cabin on Deadman Mountain and cutting and hauling wood, what a rare luxury for Germany we had in a shower-bath, how picturesque and cosy the hut was, hidden entirely from the main path by a little fir grove, what a grand view we had of the romantic peaks and valleys of the Feldberg, and especially what fun it was seeing the girls learning to coast on the treacherous, narrow "skis;" but I could not do it justice even if I had the space.

\* \* \*

## A Study of Causes

By E. L. TRANSEAU

Among the investigations into the condition of women and child workers in the United States made by the Commissioner of Labor is one of the causes of death among woman and child cotton-mill operatives, which brings to light an interesting connection between the use of alcohol and the mortality from certain diseases.

The specific object of this investigation was to obtain information concerning the danger to life incident to work in cotton mills. For this purpose a study was made of the causes of death in three of the largest cotton manufacturing cities, Fall River, Mass.; Pawtucket, R. I., and Manchester, N. H., during the years 1905, 1906 and 1907.

The inquiry made by Dr. R. Perry under the direction of the United States Commissioner of Labor went back of the officially reported causes of death, which as everyone knows are too far from accurate or adequate to be of truly scientific value. Dr. Perry says in his introduction that from a practical standpoint the diseases that caused the deaths are of less interest than the debilitating factors of which the diseases may have been the final manifestation. Efforts at disease prevention are infinitely more useful than curative work, but in order to prevent debility, disease and premature death a knowledge of their basic causes is essential.

Inquiry was therefore made of the friends and relations of the diseased persons named in the records as to the conditions of life under which these decedents lived before death; especially as to the existence of such well-known factors

They are some of the happiest memories of my life. But we were disappointed in our hopes that the new hut would bring us many new members. We had a good many candidates, but many were not acceptable, and when I left Frieberg a year later, the Frieland, owing to poor leadership and a split on the Jewish question, was sadly reduced in membership. I, myself, resigned because I could not endorse the new anti-semitic policy. I hope that the abstinence movement at Frieberg will succeed, nevertheless.

in the causation of debility, disease and death as:

1. Ignorance.
2. Bad air (germs, dust, humidity, chemical impurities).
3. Bad food (ill-chosen, ill-cooked, ill-chewed).
4. Bad or alcoholic drinks.
5. Bad personal, sexual or apartment hygiene.
6. Long labor, short sleep.
7. Occupational stress (hurry and worry).
8. Scant income.
9. Accompaniments of conjugal conditions (childbirth, dependency).
10. Overwork or non-resiliency from fatigue.

At first there was no thought of inquiring into the habits of the decedents with respect to the use of alcoholic beverages, but unsolicited testimony on this point was offered so often that it was decided to make regular inquiry concerning it.

The information obtained was classified for purposes of comparison, by age, sex, race and occupation, particularly as to whether the decedent was a mill-operative or a non-operative.

### Intemperance and High Mortality

Early in the investigation it was found that in each age, sex and occupational group, almost without exception, the Irish presented a higher death rate than any other race. The difference was so marked that the inclusion of the Irish in the tabulations of the aggregate population proved likely to cause erroneous and misleading results. Hence three groups

were preserved in all the studies, Irish non-Irish and total population.

The report does not attempt to explain this high mortality of the Irish race, which would require a special investigation, but it throws out some very significant clues, and since it shows that this race appeared to be especially susceptible to tuberculosis, it is important to the race itself to know what may have contributed to the disease.

For instance, the Irish males head all others in tables showing the frequency of intemperance, although they are not a correspondingly large element in the general population. Thus, among the total deceased operatives, about one in six was Irish; but in the deceased operatives who were intemperate one in three was Irish.

### Intemperance and Tuberculosis

Among the intemperate males who died of tuberculosis, about one in three was Irish. The Irish formed but one-sixth of the male non-operative population, but furnished almost three-fourths of the deaths of intemperate tuberculous men among the non-operatives.

Dr. Perry says that the figures he has given "are too few to serve as a basis for any definite assertion. But since intemperance is known to be a very important factor in tuberculosis, since the Irish show a much higher proportionate share of intemperate decedents than any other race, and since this proportion is greater among the non-operative tuberculosis decedents than anywhere else, there are at least grounds for suspecting that intemperance may account for some portion of the high mortality from tuberculosis among the Irish males."

### High Tuberculosis Mortality of Irish Bartenders

As a rule mill operatives have a higher death-rate from tuberculosis than non-operatives. Women operatives have twice as large a death-rate from tuberculosis as women who do not work in the mills, and in some cases more than twice. The Irish males being such a marked exception to this rule indicated the presence among them of some other factor still more detrimental than the bad air of the mills. No exhaustive investigation was made to find this factor in other occupations. One occupation, however, received some attention, that of bartender.

The Irish race was found to furnish 52.1 per cent. of the bartenders of Fall River. Among these bartenders the death-rate from tuberculosis was 40.1 per hundred. Among the non-Irish bartenders it was only 8.2 per hundred.

"There is an often-quoted saying," says Dr. Perry, "that sobriety in regard to alcohol is characteristic of bartenders. According, however, to the testimony of the friends and intimates of the Irish bartenders of Fall River who died during the three years studied, the exceptions to the rule were so numerous as to almost establish its converse. Certainly they were sufficiently numerous to justify the belief that intemperance is a common debilitating cause of the prodigious death-rate among Fall River bartenders, of whom the Irish form a large proportion.

"But the bartender death-rate is insufficient of itself to account for the excessive death-rate of the male non-operative Irish, and no explanation of it can be found in the data at present available. There seems no room for question, however, that for both operative and non-operative Irish males the death-rate was unfavorably affected by intemperate habits, and since the reports showed that such habits were more common among Irish decedents than among those of any other race, some part of the high mortality of Irish as compared with non-Irish males may be explained by this cause."

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THE faculty of the University of Bonn have posted the following notice on the blackboard. "Among the cases of discipline coming before us for decision we again and again have the experience that the students present the excuse that they were drunk or so drunk that they did not know what they were doing.

"Some recent instances of this impel us to give notice that we are not accustomed to give any weight to this form of defense in general, and we do not recognize drunkenness as a ground of extenuation. The students of the University fortified by a long course of training in character, must be expected to have reached such a degree of control and strength of will that they do not lose control of their sense, and of their actions by excessive use of alcohol. If the student acts contrary to this duty, he must bear the consequences."—*Jour. Am. Med. Assn.*, Nov. 15, 1913.



## “Safety First”

By the Editor

WHIRLING, but protected, machinery, model camps for avoiding typhoid, toy cafeteria, health charts and diagrams, safety devices, illuminated plans, such were a few of the exhibits before which in quick succession one passed at the International Safety Exposition in New York, Dec. 10-20, 1913.

It is one of the significant developments of the industrial world that it has begun to value the industrial unit—the employee. Health, happiness, safety—these are the keynotes of this “Safety and Welfare” work upon which employ-

Besides the methods already enumerated, one found illustrations of healthful and inexpensive housing, of vacation houses and clubs, provisions for physical examinations, visiting nurses, bathing, athletics and varied out-of-doors recreation, while the sterner side of industrial life is being guarded against disease and danger by proper lights, protection against dust, suitable elevator service, hygienic clothing, seats adapted to comfort and safety.

Significant among the exhibits in the interested crowds which it drew was the exhibit on alcohol, most of which was that



FEDERATION EXHIBIT AT FIRST INT. CONGRESS OF SAFETY AND SANITATION.

ers and great corporations are spending hundreds of thousands of dollars. The fact that the movement has a dollar-and-cents motive, that it pays as good business, does not in the least make it less useful to the individuals, whom it benefits or the nation whom it serves.

The International Safety Exposition held under the auspices of the American Museum of Safety, was the first attempt in the United States to bring together concrete illustrations of the varied and extensive work which without legislation the business corporations are doing for the safety of the public and the health, welfare, and safety of their own employees.

of the Scientific Temperance Federation of Boston, although the booth had been taken by the Anti-Saloon League. Over it hung the significant words chosen by Mrs. Lillian Burt, "Sobriety first—Safety follows," a play upon the "Safety First" slogan which one begins to meet at every turn in journeyings by rail and through many factories. A gold medal was awarded this exhibit.

As these business men looked at these diagrams and models illustrating the relation of drink to the practical issues of industry, there was little quibbling over data, no trivial scoffing as though this were a matter of minor importance—seldom anything but earnest queries or posi-



tive statements of confirmation from personal experience of the facts presented. It was one of these keen-eyed managers of a business employing 2,300 men who having received the answer "ultimately" to his question whether the sale of liquor could ever be stopped, replied almost impatiently, "Ultimately! I believe the legal sale of liquor will be gone in ten years. It's got to go. It is the only way in which industry can ever be adequately protected against the results of drink."

Industry is getting tired of the burden imposed by drink. It is handicapped by the fact that many of the workers are new-comers to America who have brought with them the old-world drinking habits. For these and for all, education is of immediate importance. "Show them how drink will injure their earning capacity" said one employer "and they will decide it is profitable to let it alone."

Yet this cannot be done at once. In most cases a generation will be required. An evidently well-to-do painter of Russian birth visited the exhibit and while not a heavy drinker, ignorant of the fact that his wine contained alcohol, was sure his drink did him no harm; but added with a shrug, "My boys don't drink. I got one young fellar twenty years old, and you couldn't make him drink," and

the fifteen-year-old son by his side, eagerly listening to the conversation, looked up and said with a positive note, "No, we're not going to drink."

All this has a meaning. To be sure, the coat-room checks of the Exposition bore on both sides a whisky advertisement. Five years from now, perhaps sooner, this will not occur. Perhaps it was an inadvertence this time. Business will learn to be consistent with itself.

The delicate problems of employer and employee need delicate touch in adjustment. Both sides are learning that alcohol spoils that delicacy, that whether used by employer or employee it dims the clear-brained vision of what is just to each, that it interferes with the rights of each in their mutual relations, that from first to last it is enemy and enemy only to the man who has his way to make in the world.

These are signs not yet entirely upon the surface of our Twentieth Century life. The unobserving may fail to detect them and therefore fail to realize how far and how deep is spreading antagonism to alcohol. But the currents of opposition are there. Each year makes them stronger. One of these days they will come to the surface, and the grip of alcohol on industry and the nation will be broken.

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## Drink Pushed Back As a Safety-First Measure

By THOMAS D. WEST

Manager West Steel Foundry Company, Cleveland, Ohio.

The following article, although concerned with the removal of saloons from the vicinity of industrial plants, properly finds a place in the Journal because of the first-hand information which it contains of the damaging effects of alcoholic liquors upon the safety, health and morals of the men and women in industry.

**T**HE very fact that saloons endeavor to cluster around industrial plants, to locate as close as they can to the entrances and exits, demonstrates that they are highly prized opportunities in such locations for the sale of intoxicating liquors.

Many instances are cited by employers and liability insurance agencies of the responsibility of the near-by saloon for the maiming and killing of men in factories, and of its being at the bottom of various kinds of trouble when men have carried its sense-destroying influence into their work-a-day hours.

That the close proximity of saloons to establishments having machinery or tools in any form is one of the chief contributing factors in accidents, should interest

every manufacturer, society, state or municipal authority now taking any active part in our nation's rampant crusade of "Safety First."

### Legal Inconsistency

The laws of today say to our industries: If a man in your employ loses his fingers, an eye, or a limb, you or your insurance agencies are liable to the payment of a heavy indemnity. Still, saloons are licensed to be located next door to factories to sell employees drink that will weaken their limbs, befuddle their intellects, and thus render them liable to accidents that all the best safety appliances and watchfulness of managers, superintendents or foremen in this world cannot prevent. This inconsistent outwitting of justice,



common sense and humanity, supported by laws, is responsible for many of the 2,000,000 injuries and 35,000 deaths that occur annually in the United States today.

The author of this article knows from experience what he is writing about. He is chairman and managing director of a hazardous industry located in Cleveland, and for some years there has been a saloon within a few feet of his office and the employees' entrance. But thanks to the county license commissioners, who realized the importance of "back with the saloon" on November 24, 1913, this saloon with others near industries in our city, was closed.

### Drink's Ball and Chain on Industry

When saloons are in such close proximity to industries that men can get to them and back again within five to fifteen minutes, they can slip out occasionally without being missed. Under such circumstances a "boss" may not have reason to suspect there has been any drinking until he hears loud talk, a quarrel begins or someone is injured or killed.

There is only one sure safeguard against these accidents. That is for the laws to permit no saloon to be located so near a factory that the men can reach it, unnoticed by gatemen or watchmen, by breaking through or areoplaning fences. This security calls for saloons being all the way from five hundred to one thousand or more feet, according to conditions and locality, clear of the plant limits.

There are three distinct conditions that demand special consideration, any one of which would justify refusing licenses to saloons seeking to be near industrial plants:

First, saloons should be kept back from all industries that have work of a hazardous nature, or where it is especially necessary for operatives to keep their wits about them to avoid injuring themselves or others, or where care must be exercised to do good work and avoid destruction of property by fire, violence or accidents.

Second, industries that are called upon to work men at night, especially, should be free from the danger of quarreling, trouble, strikes and accidents due to the existence of near-by saloons.

Third, all saloons should be refused licenses wherever girls and adult women who pass them must pass lonely or squalid

districts in their journeying to and from their homes.

### Provocation of Drinking Custom

The location of saloons near industrial plants is objectionable not only for all the above reasons but also on the ground that it causes many to acquire the habit of drinking, with all its evils, who otherwise would not do so. Young people seeing older men sneak out for a drink think they show smartness by imitating them. Men fighting their enslaving appetites get wafts of beer from buckets, bottles and the breath of tipplers, and are often driven back to drink in spite of a manly fight.

### Alcohol Not Necessary

Some take the position that intoxicants are necessary, to many, especially in hot work or during the summer time. Experience shows that this is an error. There is no hotter work than attending crucible furnaces where the man has to stand directly over seething pots of molten steel with a blazing flame coming up all around, his clothes protected by asbestos covering. This is the hottest work imaginable—a perfect Hades—but we know men who in this work would never for one moment think of drinking anything but water. Again, the writer, a small man, a teetotaler, carried "bull ladles" of molten metal in his younger days without difficulty, when much larger men drinking beer, and thinking it necessary, would "play out."

The writer has been appointed chairman of a committee to conduct a national campaign to push back the saloon from the doorways of industrial plants. This campaign was resolved upon at an enthusiastic session of the convention of the American Foundrymen's Association at Chicago, October 16, 1913.

The committee when completed will comprise a member of our association from every state and will seek to enlist the earnest co-operation of the governors, legislatures and license commissioners of each state as far as possible in the work of "back with the saloon." This committee also, as the writer is now doing single-handed, appeal to our country's industrial, reform and labor publications to give all possible publicity to this issue.

It is to be distinctly understood that this crusade of "back with the saloon" is wholly in the interest of "Safety First."  
—The Survey, Dec. 20, 1913.

# Some Aspects of Mental Hygiene

## The Prevention of Mental Death

By EVERETT S. ELWOOD

Executive Secretary Committee on Mental Hygiene, N. Y. State Charities Aid Assn.

**I** BELIEVE that the words "mental diseases" are much more accurate when applied to disordered minds than the legal term "insanity." Some psychiatrists say that there are at least twenty-seven distinct types of mental disease.

### Alcohol as a Direct Cause

Three of the twenty-seven, known as delirium tremens, alcoholic epilepsy, and alcoholic dementia, are definitely known to be caused by alcohol. In addition to these, two other mental diseases, namely, acute hallucinosis and the polyneuritic psychosis (Korsakoff's disease), are caused by alcohol in an overwhelming majority of cases. These five mental disorders are sometimes grouped under the term of "alcoholic psychoses," and from the last report of the State Hospital Commission, 10 per cent. of the 5,700 admissions to our State hospitals during the year ending September, 1911, were suffering from alcoholic insanity in one form or another. This means that approximately 600 men and women entered our State hospitals last year having mental disorder brought about by the use of alcohol.

### A Large Contributing Cause

In addition to being the chief cause of the alcoholic insanities, we find alcohol a contributing cause of many mental breakdowns of various types. To quote once more the annual report of the State Hospital Commission, it is there stated that in addition to those suffering from the alcoholic insanities, 6 per cent. of those admitted last year owed their insanity to alcohol as the chief cause, making a total of sixteen per cent. of all first admissions whose mental disorder was brought about by the use of alcohol. In addition to those cases where alcohol was the direct cause, 8 per cent. were intemperate in their habits, thus making a total of 24 per cent. of first admissions who owed their insanity directly to alcohol, or who were ha-

bitual users of the drug. This 24 per cent. contains three times as many men as women.

### Thirty Per Cent. of Insane Men Suffering From Alcohol

The importance of these data cannot be overestimated, and should receive the careful consideration of all who are tempted to indulge in strong drink. In the little pamphlet entitled "Why Should Anyone Go Insane?" which has been distributed in large quantities throughout the State of New York, and which is indorsed by six of the leading experts in mental diseases in New York City, it is stated that 30 per cent. of all men entering our State hospitals, and 10 per cent. of the women, are suffering from conditions due directly or indirectly to the use of alcohol.

Another factor enters into the production of the alcoholic insanities which is far too important to be left out of consideration; this factor is heredity. The last report of the State Hospital Commission stated that in 54 per cent. of the cases of alcoholic insanity, there was a family history of insanity, epilepsy, or nervous disease. This bad heredity appearing in such a large percentage of the cases causes us to conclude that the individual who becomes insane from immoderate use of alcohol, has, in the majority of cases, a peculiar nervous makeup. It might be said that his nervous system is of such a nature that the effects of alcohol are much more disastrous to him than upon the more rugged individual, although it is quite evident that many cases would have never developed without the bad heredity in addition to the immoderate use of the poison.

### The Disorder of Mental Abilities

The effects of alcohol upon mental efficiency are far too important to be omitted, although they may not bear directly upon the production of insanity. A very careful and extensive series of experi-



ments was performed recently by the leading alienist in the world, Professor Kraepelin, of Germany.

The experiments were performed upon different groups of men, such as day laborers, artisans, typesetters, and those whose work required the voluntary association of ideas. Some of the men were accustomed to the influence of alcohol and others were not. These experiments have been corroborated by experiments made in other localities. The conclusions which Professor Kraepelin made were as follows:

"First, alcohol impairs every human faculty.

"Secondly, the higher and more complex the human faculty, the more pronounced is the effect of alcohol upon it.

"Finally, the effects of alcohol are cumulative; that is, its continuous use, even in comparatively moderate quantities, impairs the faculties at a rapidly increasing rate."

The significance of these results is too apparent to need further comment.

#### Cut Out Alcohol

What can be done by way of prevention? Of course the prevention of alcoholic insanities means the prevention of the habitual use of alcohol. We should strenuously continue the educational work which has been going on for the past thirty years in acquainting the young people with the pernicious effects of alcohol. The medical profession is more pronounced than ever in its statement re-

garding the part played by alcohol in the production of various diseases, both mental and physical. The results of alcohol in lowering one's mental and muscular efficiency should be widely published.

We need further scientific study of the exact part played by alcohol in the causation of mental disorders, the hereditary effects of alcohol and the alcoholism resulting from the bad heredity. The interest now shown in the subject and the facts which have thus far been produced indicate that much more can and will soon be done along these lines. We must spread abroad the truth that he who wishes to attain his highest possible mental efficiency cannot afford to subject his mental machinery to the disastrous effects of alcohol. We should furnish opportunities for social enjoyment and inexpensive recreation to take the place of amusement halls often established by the brewer and always supported by the profits of the liquor trade. It is humane and wise to care for drunkards in farm colonies with the possibility of effecting a cure, but it is far more humane and much wiser to give our young men such knowledge of the subject that they will be disposed to forego the temporary enjoyment of indulgence. We must train and assist the young in the development of sufficient character and powers of resistance to enable them to lead temperate lives in all things.—From Proceedings of the N. Y. Mental Hygiene Conference and Exhibit, 1912.

\* \* \*

God! Thou art mind! Unto the master-mind  
Mind should be precious. Spare my mind alone!

All else I will endure, if, as I stand  
Here, with my gains, Thy thunder smite me  
down,  
I bow me; 'tis Thy will, Thy righteous will;  
I o'erpass life's restrictions, and I die,

And if no trace of my career remain  
Save a thin corporeal pleasure of the mind  
In the bright chambers level with the air,  
See Thou to it! But if my spirit fail,  
My once proud spirit forsake me at the last,  
Hast Thou done well by me? So do not Thou!  
Crush not my mind, dear God, though I be  
crushed! —Browning's Paracelsus.

## A Village of a Thousand Souls

A VILLAGE in a flourishing section of the Middle West furnished material for a physical survey by an author in the American Magazine said to be a teacher in Yale University.

Outwardly an ideal place to rear healthy children, the survey revealed astonishing evidences of degeneracy and the trail of drink running all through it.

#### Sixteen Per Cent. Alcoholic Families.

The two hundred and twenty families were blessed with thirteen saloons. "It is not surprising," said the author, "that our census should reveal 36 families (16 per cent.) in which there is alcoholism," and this "did not include persons who drink intermittently; that is those who go

on sprees and sober up even if they do it with interesting regularity." Evidently the percentage of alcoholism might have been materially larger had these addicts been included.

Ten per cent. of the families of the village had definite insanity or epilepsy; 26 per cent. showed either feeble-minded or insane members; 2 per cent. of the pupils in the public schools were feeble-minded.

Insanity, to quote the author, is not as irresistible as feeble-mindedness; it is not as incurable. Environment and hygiene figure more largely in reducing and controlling various insanities. Still the best and most convenient insurance against insanity will always be the acquisition through heredity of a sound nervous system from clean, temperate mothers and fathers.

#### Where the Burden Rests

The alcoholics (in this village) are in nearly all cases the fathers.

For a generation there has not appeared in this village a woman who could be considered an alcoholic. This latter fact, no doubt, has been an eugenic advantage to the population, because alcohol can poison the embryo through the maternal circulation as in no other way. But we must remember that every new-born babe is the product of the germinal protoplasm of the father as well as the mother, and that alcohol may undermine his germ plasm to such an extent that an inferior child will be born.

#### Alcohol Never Beneficial in Heredity

The hereditary effects of alcohol are many; and "they are never on the right side." Our village map shows it in clear association with feeble-mindedness and insanity in thirteen cases at least. We may feel sure that alcohol operates as a contributing, if not as an initiating cause, in the production of defects and deficiency of the nervous system. In men it has been estimated that 24 per cent. of the mental diseases are due to alcohol, which combined with syphilis, accounts for almost one-half of all the cases of insanity committed to institutions.

#### No Alcoholics Were Feeble-Minded

In feeble-mindedness, alcoholism may often be regarded as effect rather than cause. It has been found that in homes for inebriates as high as 60 per cent. of the inmates are mentally defective. They drink because they are feeble-minded. In

spite of the large number of saloons in our village (there once were as many as seventeen) there have been only a few dipsomaniacs so extreme that they were hopelessly and helplessly given to drink. In fact, none of our alcoholics indicated on the map were also found to be feeble-minded. Many became victims to drink, but none, apparently, from sheer and mere mental deficiency.

There is, of course, no satisfactory standard for classification; but we have included in our count all who drank immoderately and chronically. This included, probably, those cases in which the alcoholism was extreme enough to affect the health and stability of posterity.

We shall not draw the curtains from the beast-like brawls of thirty-three years in thirteen village saloons, or from the brutalities of the drunken fathers toward children and mothers of children, because these noisy scenes however distressing, are only incidental to the silent drama of human reproduction, upon which the eugenics of the village depends.

#### Purifying Sources.

The social reformers have all these years accepted the stream of life as they found it, and, as Haverlock Ellis says, "While working to cleanse the banks of the stream made no attempt to purify the stream itself." The solemn facts of heredity must now be respected. Environment is the lesser half. The Village of a Thousand Souls has no factories, is in a region of surpassing beauty, with ample air, space, sunshine. The conditions of life are not severe. The opportunities for play and physical development of children are almost ideal; educational facilities are free. Even with the large number of saloons, the conditions of life are immeasurably superior to those of the tenement districts of crowded cities; and yet, in spite of these environmental advantages, 26 per cent. of a series of 220 local families show the taint of either insanity or feeble-mindedness.

The banks of the racial river of life should be beautified and ennobled by all that the willing hands of man can rear and contrive; but those benefactors who labor now through science and wise legislation to purify the very springs of the dying and living stream will be thrice blessed by the generations unborn.



## Michigan's Partial Survey of Feeble-Mindedness

**I**NFORMATION has been gathered in the process of looking up twenty-six families representing, to various extents, the family histories of thirty-eight patients at the Home for Feeble-minded and Epileptic. These were chosen at random, fourteen of which represent Lapeer County families. Upon completing the histories, five of these Lapeer families were found to be connected by marriage. From this data the total number found to be normal were 570, total defectives 434.

Roughly, the total cost of maintenance of these twenty-six families in different state institutions, has been over \$86,000. That is exclusive of the capital invested in the buildings, or of charitable or state aid given in the homes. And while they represent thirty-eight patients who are being taken care of in the Home at Lapeer, at an approximate cost of \$35,000 for maintenance. **In these families there are 113 feeble-minded at large in the state, who should be segregated.** The ultimate price the state must pay is incalculable. In one Lapeer County family alone there is one patient in the Home for Feeble-minded, and **24 feeble-minded members of the family at large.** This one patient's maintenance has cost \$1,200, while only a part of the cost to the county and to the state, of the rest of her family has

exceeded \$12,500. This is exclusive of the cost of maintaining the courts, jails and penal institutions which are filled and are being filled by members of her strain, to say nothing of the price society is paying for the twenty-two prostitutes who are her kin. Three generations of her relatives were in the county-house and all feeble-minded.

Because we see the cost of our failure to segregate an individual who lived four generations ago, we should apply the lesson today, and prevent society of tomorrow from paying for twice the number of defectives.

### The Immoral Feeble-Minded

There is no doubt but what the problem of prostitution must be approached from all sides,—the educative, the legal, the sanitary, the economic and eugenic, if any headway is to be made. But we do know that a large number of these women are feeble-minded and especially is this true in the country and smaller towns where the economic factor is not so potent a one. The motive with them is more often that of weakness, of moral inhibition; the inability to resist temptation. And if we are doing anything to limit the supply of feeble-minded women we are aiding in the extermination of that horrible trade of prostitution.—From *Public Health*, Mich. Oct.-Dec., 1912.

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## Hungary's Proposal to Check Mental Degeneracy

**T**HERE are about fifty thousand persons of unsound mind in Hungary at the present day. Dr. Decsi has drawn attention to this fact in the medical society, adding the fact that more than one-third of this insanity is caused by syphilis and drink. He suggests the following rules for checking the development of mental degeneration at the present day:

1. Prevention of those who have been insane from marrying. It may be stated as a certainty that many women who have had one attack of insanity would have remained free from a second attack had they not married.
2. Immediate legislation for **compulsory confinement of habitual drunkards who are the greatest propagators of insane and degenerates**, and who should therefore be legally restrained from inflicting their own vice on other human

- beings.
3. Prohibition of marriage of habitual drunkards.
4. Care in the administration of alcohol to women, as this very often makes the offspring a drunkard or insane.
5. General reformation of the marriage system, with certain health requirements.
6. Prohibition of marriage when hereditary insanity exists on both sides.
7. Prohibition of marriage by paralytics, epileptics, consumptives and those afflicted with cancer.
8. **Restriction of the liquor trade.**
9. The establishment of intermediate houses, so to speak, where those suffering from acute, but curable, insanity, could be placed instead of being incarcerated in insane asylums.
10. Removal of all children born of nervous or neurotic parents from the influence of the parents, and from all home associations as soon as possible.—*Jour. Am. Med. Assn.* Nov. 8, 1913.

## What We May Expect From Preventive Education

By PROF. GEORGE F. CANFIELD

Vice-President New York State Charities Aid Association

Every great social reform needs not only the "up and at them" spirit, but also the quiet persistence which sees that the weapons must be forged, and the willing army recruited, before permanent success can be won. Prof. Canfield's address is of interest in itself, and it expresses practically the reasons for thorough educational work against alcohol.

**S**CIENCE knows that one of the causes of insanity is the use of alcohol, and another cause of insanity is the immoral and dissolute life, these two causes together probably accounting for nearly forty per cent. of the causes.

But all of this knowledge to become effective must be brought home to the community. It is only potentially a valuable asset to the world so long as it is locked up in the books and the brains of the learned. Until it is disseminated among the people, it is a dead and inert mass. That the world should possess a great deal of knowledge which can be applied to preventing the evils which afflict mankind and that this knowledge should not be utilized for that purpose, is an extraordinary fact, and one that is better understood now than it was in the philosophy of Plato. If from this day forth, the world could and would actively utilize all the knowledge it possesses with respect to the nature and causes of social ills, half the work of our charitable agencies would become unnecessary after a generation. The world, however, does not utilize this knowledge. And why? Because, in the first place, there are many people who, although they have the knowledge, do not realize the importance of it sufficiently to make it a principle of action.

### Prevention and Control of Insanity Possible

We hope to make plain to everyone the nature and causes of insanity, "bringing home to the average individual the fact that it does not come down like lightning from Heaven, striking whom it might, but that it grows out of habits long continued and that even if inherited, it is still, to a substantial degree, under the control of the individual as to the time and nature of its manifestations."

### The Live Wires of Popular Information

And what may we expect as the result of this campaign of education? We may expect, in the first place, that every one

of us who is actively interested in this work will become educated and so thoroughly educated that he will become an active medium of transmission of his knowledge to all who are connected with him.

### Safeguarding the Future

In the second place, we may expect that this knowledge will in time become diffused far and wide and deep, and may become a regulating influence of the habits of the community. As the young man realizes more and more clearly what the immoral and dissolute life means in its consequences to him, to himself and his future wife and children, he will develop the capacity to refrain from the self-indulgence that leads to those consequences.

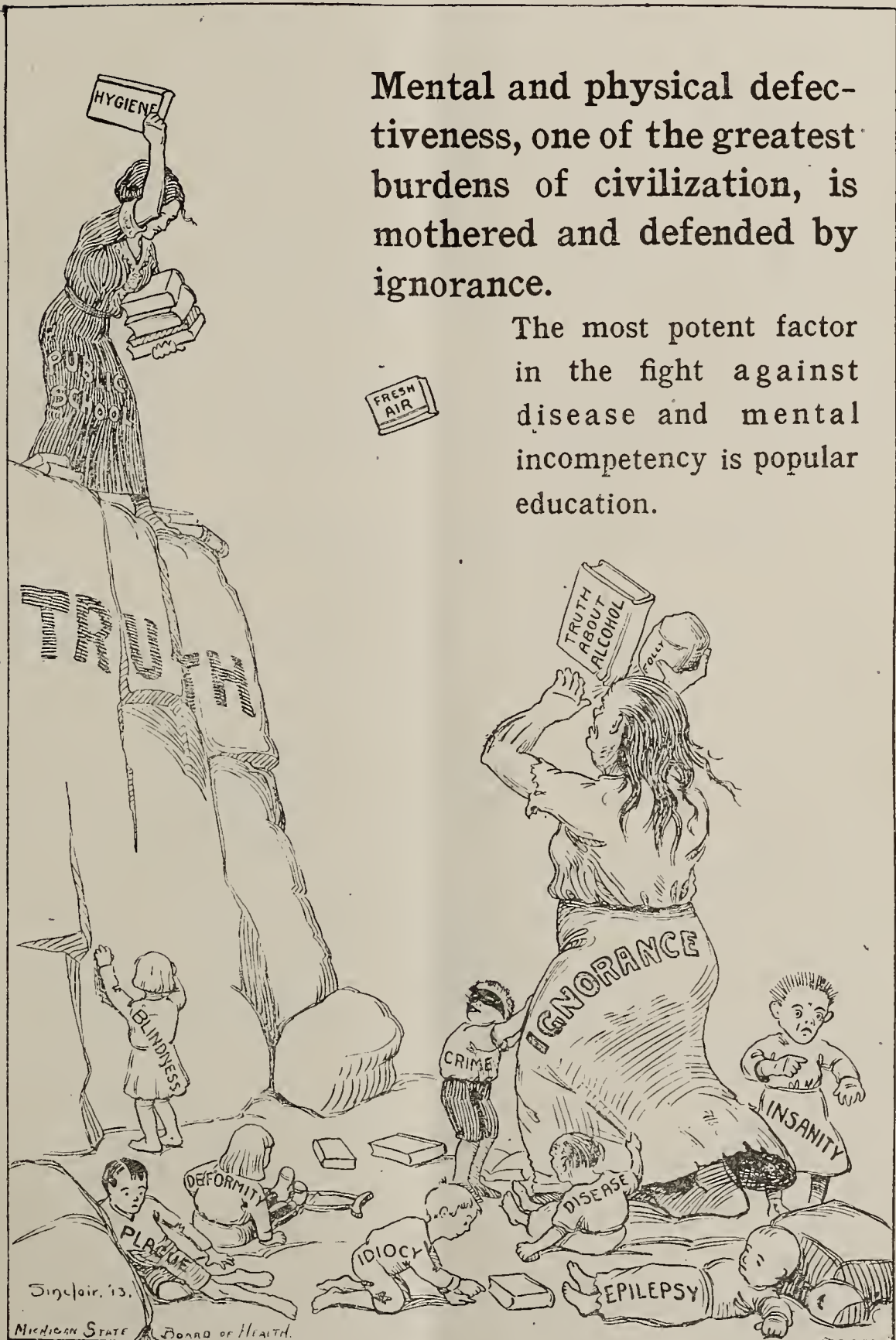
### An Active Public Opinion

In the third place, and finally, we may expect that as a result of our self-education and of the education of the community, there will be formed an effective public opinion which will make it easier to secure and establish those agencies for the care and prevention of insanity and to adopt and enforce those policies and measures which science, the medical profession, and practical philanthropists shall from time to time approve and recommend as necessary for coping with this problem.

### Patience a Requisite of Progress

We must not become impatient or discouraged if we do not quickly realize the ultimate object of our efforts. It is no easy task to change the habits and ideals of mankind. It is no easy task abruptly to terminate the intimate and delightful friendship of more than forty years existing between the old gentleman and his Blank's Club Whisky so attractively presented to the traveler in the subway with all the art and skill of the advertiser. Nor is it an easy task to convince a young man that true manliness does not require that he should devote his time to the pursuit of sowing wild oats at the sacrifice of the future happiness of his wife and children, but because these





—Cut used by courtesy of the Bulletin of the Mich. State Board of Health

tasks are hard ones and not to be accomplished without long-continued and patient labor, that is no reason why we should not have faith in our ultimate success and why we should not in the meantime continue our efforts zealously and hopefully. On the contrary, there is less danger that our efforts will be thwarted by discouragement and loss of interest if we realize at the outset that our progress may be slow, that it cannot in any event be rapid, and if we resolve once for all that we should continue our efforts, no matter how slow our progress may be, if only we can see that our progress is

leading steadily and inevitably to our coveted goal.

This movement should also appeal to every thoughtful person because it is an attempt to deal with a grave social problem by individual effort and voluntary collective action. It is based upon faith in human nature, upon faith in the individual man and woman, upon faith that social betterment can come and will come through the education of the individual and the adoption of right national ideals. —From Proceedings of the New York Mental Hygiene Conference and Exhibit, November, 1912.

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**T**HERE is beneath society, and will ever be till the day when ignorance is dissipated, the great cavern of evil. This cavern is below all the rest and the enemy of all. Destroy the cave, Ignorance, and you destroy the mole, Crime.—Victor Hugo.

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## The Beer Garden Versus Genuine Home Life

By E. L. TRANSEAU

**A**MONG the supposedly attractive pictures that have been painted for us of beer-drinking as practiced in Germany is one of the family man taking his wife and children to the beer garden, drinking a few glasses of beer leisurely at a table and all returning home none the worse for it.

Quite another view of the picture from the standpoint of the child's welfare has recently been presented by a German physician (Haus und Leben als Erziehungsma-chte) urging upon German parents a more careful training of the young. He would have children kept as long as possible in the simple unconstrained enjoyments of home life, carefully guarded from all that is unsuitable to their years.

But what he sees all about him is this: "The custom of dragging children to the beer-garden appears to be an irradicable habit in Germany. Among the lower classes, even nursing infants are taken to the taverns, there being no suitable provision for their care at home."

One Sunday afternoon, as an illustration, the author visited three "beer-locals" and counted in them 192 children. "It was the first pleasant Sunday after a three weeks' rain, and one would have thought that on such a day, at such an hour, the musty, smoky beer-cellars would have

been practically empty. But no, they were all filled. One was even dangerously crowded. A brass band was in full play, with ear-splitting noise. Smoke and beer-fumes dimmed the room, while penned in among the lines of grown people sat or stood 79 children, from nurslings to boys and girls of twelve and thirteen, listening uncomprehendingly to the music or the talk of their elders."

The more independent and knowing ones left the room occasionally to race through the streets. Passing the same place again between 7 and 7:30 in the evening the physician counted 98 children.

Sights of this kind, he says, are common all over Germany, with similar consequences. The worst of it is, that millions of the people think nothing of it and have no idea of anything different.

Other writers have spoken of the late hours in the evening in which the tired, sleepy children are dragged home by their beer-filled parents.

This is a phase of the German beer-drinking customs that we certainly do not wish to see reproduced in America.

One does not need to be a hygienist to recognize the physical effects upon the child of long hours spent in the atmosphere of a crowded beer-room, or of



the effects of the noise and excitement upon the child's sensitive nervous system. Still worse are the moral effects, the low ideals stamped in many cases for life by the profane and vulgar talk.

The kind of home life which this German doctor would prescribe for the training of sound healthy children has just been beautifully illustrated by Col. Roosevelt in his autobiographical chapters.

"When our children were little," he writes, "we were for several winters in Washington, and each Sunday afternoon the whole family spent in Rock Creek Park, which was then very real country indeed. I would drag one of the children's wagons, and when the very smallest pairs of feet grew tired of trudging bravely after us, or of racing on rapturous side trips after flowers and other treasures,

be laid for a taste for what is best in literature and history.

Such home training often necessitates, as Col. Roosevelt says, "downright hard work," but ample reward comes in after years.

"The children are no longer children now," writes Col. Roosevelt of his own and those of neighboring families in which similar careful home training prevailed. "Most of them are men and women working out their own fates in the big world . . . Some are working at one thing, some at another; in cable ships, in business offices, in factories, in newspaper offices, building steel bridges, bossing gravel trains and steam shovels, or laying tracks and superintending freight traffic.

"They have had their share of accidents and scrapes. . . . They have

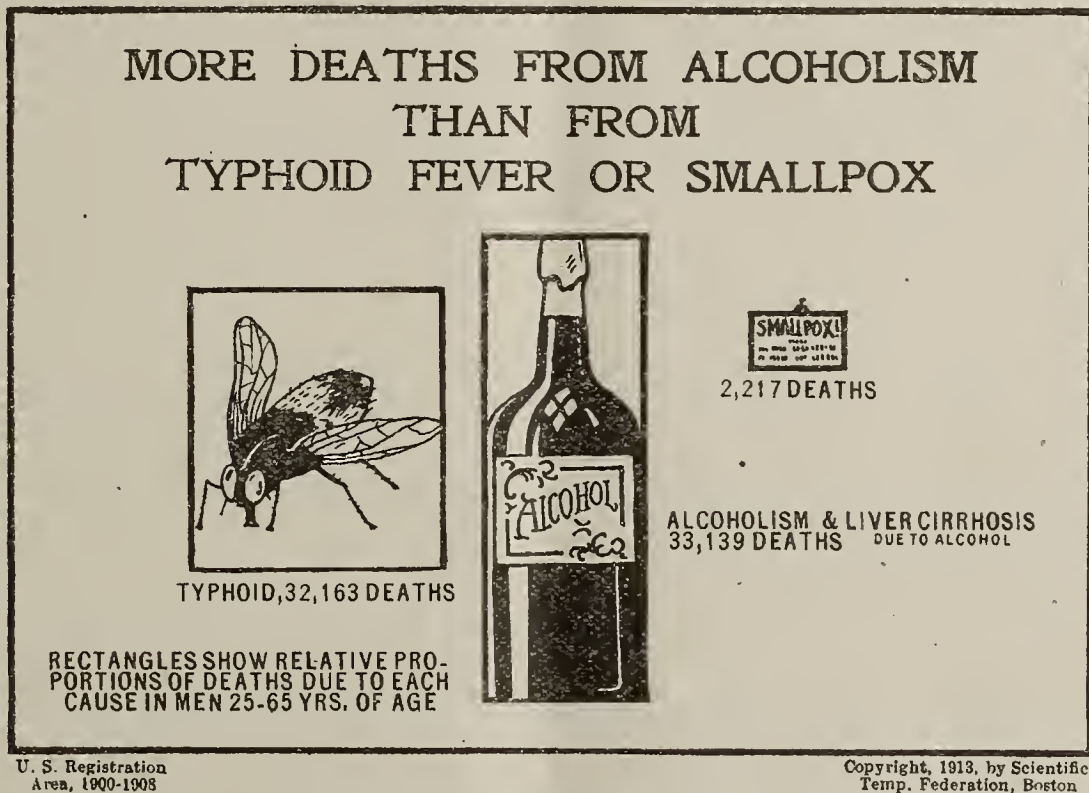


ILLUSTRATION FROM POSTER NO. 38.

the owners would clamber into the wagon."

An equally charming evening picture is given:

"After their supper, the children, when little, would come trotting up to their mother's room to be read to. . . . If their mother was absent, I would try to act as vice-mother, superintending the supper and reading aloud afterwards."

A list of the widely varying books which interested the little people is given, showing how early the foundations may

known and they will know joy and sorrow, triumph and temporary defeat. But I believe they are all better off because of their happy and healthy childhood."

\*

He who does not steer his soul with wisdom, will never find the right way; and he whose body is weakly, will never accomplish much in his career. Nine-tenths of humanity become either good or bad. Though the soul is the main object of education, yet the body may never be disregarded.—JOHN LOCKE.

## Pencil and Note-Book

**A Barrier to the Teacher.** Normal children can be trained to self-command, to almost every virtue, however exalted, but the training must be scientific and sympathetic. If, however, the children are burdened with hereditary tendencies and predispositions created by prolonged parental indulgences, the teacher is met by an almost insuperable barrier.—John Turner Rae, at the Milan Congress.

\*

**Self-Control in Abeyance.** In a large number of cases of inebriety, self-control is not so much defective as in abeyance. This is proved by the fact that when sent out on parole before the expiration of their reformation sentence, convicted inebriates often keep from drink until their sentence has expired and they cannot be returned to the reformatory.—John T. Rae, at the Milan Congress, 1913.

\*

**Mental Deficiency.** It is sometimes said that drinking is the result and not the cause of weakness of intellect. It may be or it may not be, but granting the fact of action and reaction, the only philosophical conclusion is to cut off the entail of conditions and predisposing causes, among which alcohol is *facile princeps*, of either drunkenness or feeble-mindedness.—John T. Rae, at the Milan Congress, 1913.

\*

**Infant Mortality.** The last 1,291 women admitted into Inebriate Reformatories had given birth to 4,086 children. Of these, 44 per cent. were dead. As to the rest; some are in reformatories or prisons; others are in asylums; some have already come under control as drunkards; comparatively few are known to be useful members of society.—R. W. Brandthwaite, M. D., Inspector under Inebriates Acts. Quoted Nat. Tem. Quar., Jan. 1914.

\*

**The Workmen Who Spend the Least on Drink** have the best homes, are most regularly employed, and are better prepared to resist encroachments on their wages. Drink prevents you from walking quickly, boldly, and firmly the narrow path that

individuals, classes and nations must tread if they wish to reach the goal of personal health, social happiness, communal and national greatness.—John Burns, Nat. Temp. Quar., Jan. 1914.

\*

**Half of the Parents of Children** who have to be cared for by the public in Sweden, are alcoholic, according to a report by a Swedish government commission.—Dr. Daum, at Milan Congress, 1914.

\*

**A Note Signed When the Maker is Intoxicated** so that his mental faculties are impaired cannot be enforced by a bona fide holder, according to a recent decision of the Wisconsin Supreme Court, discussed in *Case and Comment* a lawyer's magazine which devoted the entire December, 1913 number, and a part of the January, 1914 number to discussions of the legal aspects of the alcohol question.

\*

**Spirit Monopoly Increases Drunkenness.** When Minister Witte of Russia twenty years ago instituted the government monopoly of vodka he reasoned that it would serve three purposes. First. Diminish drunkenness. Second. Secure unadulterated liquors. Third. Add to the national revenue. The second and third expectations have been abundantly realized, but the first has failed completely. 1,600,000,000 rubles yearly is the national income, but all attempts to rescue or save the drunkards are fruitless while the government keeps erecting new drink shops in every community.

Suicides are increasing alarmingly. In Moscow they are said to be four times as frequent as they were six years ago; in St. Petersburg the rate has risen from 5 to 16.4 per 10,000 inhabitants within recent years. An appalling feature of this prevalence of suicides is the number of children who destroy themselves—300 in 1912.

\*

He who snoops around life's pepper must sneeze.—**The Metropolitan Bulletin.**



## VALUE OF THE GREEK SOLDIER'S SOBRIETY

**T**HE Greek soldier has this year proved himself an incomparable soldier because in the first place of a resistance proof against cold as well as against heat. We saw him stay in Epirus whole months in the snow and inaction of a siege in cold ranging from fifteen to twenty degrees below zero. (C.) He never complained, and sickness seldom visited him. Never did the cold hinder him from fighting or from putting forth all the exertion that his leader demanded.

Now the opposite condition prevails. The heat is torrid. In the middle of the day it is from thirty to thirty-five degrees (C) in the shade, from forty-five to fifty in the sun. In these frightful temperatures he marches, fights, pursues. Even his officers are astonished.

The secret of his resistance?

His extreme sobriety.

The Greek soldier never drinks anything but water. He shows a tremendous physical distaste for alcohol. This sobriety makes him as sound in mind as in body. His morale is perfect, his enthusiasm indescribable.

It is for all these reasons that the advance of an army composed of such soldiers in addition to a rare intelligence and great mental flexibility is so striking and irresistible.—*L'Abstinance*, Sept. 6, 1913.—From the War Correspondent of "Illustration" July 26, 1913.

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## A MODERN THIRTY YEARS' WAR

**N**EITHER floods nor epidemics cause anything like such general and extensive destruction in our country as one other national plague—intemperance—which is manifesting itself more and more as the root of great evils to which the axe must be laid if the commonwealth and private help are not to be exhausted in fruitless work against this injury."

This was the wording of a call which went out through Germany thirty years ago for the organization of a society to fight against alcoholism. The society then formed (The Deutsche Verein gegen den Missbrauch geistiger Getränke) has been actively engaged in the struggle ever since, as have several other national and steadily growing organizations.

The struggle has not been without results. The consumption of alcohol has decreased considerably during the last few years. The old opinions concerning it are everywhere beginning to totter. The drinking customs and pressure have been much broken up or loosened. The use of substitute drinks, not the least of which is milk, even for men, is making strong headway. Practical preventive work is being carried on in society, industrial, legislative and community circles. Much has been done by officials, and much yet remains to be done as is especially evident from the recent extensive movement for the care of drunkards.

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## ATHLETICS AS A PREVENTIVE OF INTEMPERANCE

By Dr. K. Dorn, Hanover, Germany

**S**PORT and alcohol are two directly antagonistic elements like fire and water. The antagonism between them is due to the physiological action of alcohol which weakens the working power of muscles and nerves while sport exercises and increases it. Hence, everyone who wishes to prepare himself for physical or athletic exercise, instinctively avoids alcohol.

Sport is also a helpful means of combating the immoral influences which alcohol brings upon the people, especially the young. It strengthens the will, makes for strong personality, directs the superfluous energy of the young into safe paths, occupies their leisure time and keeps them from the dangers of the drinking places and the misconduct to which alcohol leads.

The more the demands of life increase the more need there is of physical, mental and moral soundness in the rising generation. The dangers arising from alcohol can be practically opposed by providing sport and athletics.—Translated for the Scientific Temperance Journal.

\*

**Sixty Million Dollars a Year** was the actual cost for caring for the insane and feeble-minded in the United States estimated by Dr. Chas. L. Dana in 1904, and the loss in industrial activity due to insanity and idiocy was estimated at \$20,000,000 more.—Llewellys F. Barker, M. D., at New York Mental Hygiene Conference, 1912.

# With the Editors

## Behind the Machine---The Man

**J**OHAN J. DUGGAN, locomotive engineer in the service of the Santa Fe, showed how the man who is not only courageous, but trained and disciplined to think quickly and act promptly meets an emergency and secures the safety of lives dependent upon him for their security at the risk of his own.

He was bringing a through train from Denver to Chicago. He was running at high speed along an embankment nearly twenty feet high through the residence district of Joliet. Suddenly he saw open before him a switch which should have been closed, and which signals already passed had told him was closed.

He had but an instant to think what to do and to do it, under penalty of plunging with his whole train over the embankment and killing and maiming many of the scores of people behind him and relying on him for their safety.

It would not do to shut off steam, throw on all brakes and so stop the train. There was not room in which to stop it before reaching the open switch.

Engineer Duggan thereupon risked his life and took a desperate chance, which was, railroad men agree, the only chance of preventing an appalling wreck. He had to break that train in two on the chance that the air brakes would hold the passenger cars and bring them to a stop in time. He broke it and saved his passengers.

Yelling to his fireman and an air-brake man to jump, he set the brakes on the cars behind at full power and pulled his throttle wide open. The engine leaped forward, but under pressure of their brakes the cars hung back. The couplings broke just behind the first baggage car. The rest of the cars came to a standstill on the tracks. The engine, with the engineer still at his post, plunged down the embankment with only the baggage car and made a scrap heap in the street below.

A few minutes later, the saved passengers, many of them weeping, lifted the unconscious and bleeding form of Engineer Duggan from the wreck into a Joliet ambulance. He was the only man seriously hurt on the train, but will probably recover.

"The incident," said the Chicago Inter-Ocean in telling the foregoing story, "illustrates not only the personal heroism of the engineer, and how he lived up to the fine traditions of his branch of the railway service. It also illustrates that in order to assure public safety, it is not enough to have mechanical devices, however good or ingenious. Behind the machine, there must always be a Man, and a trained, experienced and disciplined as well as a courageous man."

It is because such emergencies are constantly arising in railroad work that the Brotherhood of Locomotive Engineers requires its members to be abstainers from alcoholic liquors, and that an increasing number of railroads require it. When Engineer Duggan saw the closed switch, he knew that it meant danger; it was a signal to him to act quickly somehow. He must choose between trying to stop the whole train and trying to break it. Experiment has shown that after using alcoholic liquors when one has to decide quickly what action to take, he is more likely to do the wrong thing. Duggan knew that he could not stop the whole train. He chose the other course and saved his passengers.

As more and more automatic provision is made for safety, such as the introduction of the block system, more depends on the man in the engine cab, and the reduction of railroad accidents will depend very largely on the clear-headed accurate quickness and judgement of the engineer.

Dr. Theodore Diller, of Pittsburgh, last summer introduced resolutions which were passed by the congress of alienists and neurologists declaring the necessity of total abstinence on the part of railroad employees, and making the use of alcoholic liquors a cause for dismissal. The resolutions in part, were as follows:

"Many lives and much property depend on the mental integrity of men engaged in the operation of trains and other means of transportation.

"We recommend to the railroads of the country the universal adoption of a rule requiring all employees to abstain from



the use of alcoholic beverages on duty or off duty under penalty of discharge.

"The habitual use of any narcotic should be a ground for discharge from the service."

\* \* \*

## A State's Arithmetic Lesson

I. The Massachusetts State Farm at Bridgewater admitted in the year ending Sept. 30, 1912, 93 insane patients. Alcohol was the definite cause of insanity in 15 cases; the probable exciting cause in 27 cases; an important cause in 22 cases. How many of the total cases admitted were largely due to alcohol? Ans. 64.

What percentage of the total number were these alcoholic cases? Ans. 68.8 per cent.

II. There were 4,522 prisoners committed to the institution in the same year. 3,945 were committed for drunkenness. What percentage of the total number were committed for drunkenness? Ans. 87 per cent.

III. There were 547 paupers committed to the Farm during the year. Assuming that 37 per cent. of these were brought there by drunkenness; for how many of these paupers was drink responsible? Ans. 202.

IV. If drink was responsible for 69 insane, 3,945 prisoners, 202 paupers, for what percentage of the 5,161 persons committed to the institution was it responsible. Ans. 81.6 per cent.

V. The value of the property of the Farm which has been built by the tax-payers' money was \$1,681,827.18. At 4 1-2 per cent. what would be the yearly interest on this sum which otherwise the tax-payers would themselves have? Ans. \$75,682.22.

VI. The net cost to the Massachusetts tax-payers for maintaining this institution for paupers, insane and criminals for one year was \$333,453.60. Add to this the interest on the value of the property, \$75,682.22; what was the total cost of the institution for one year? Ans. \$409,135.82.

VII. If drink was responsible for bringing 81.6 per cent. of the new inmates and the total cost was \$409,135.82, what did drink cost the state in supporting this one institution? Ans. \$333,854.82.

VIII. The total income to the State from license fees from the liquor traffic for the year ending September 30, 1912,

The chief lesson of it all is for the youth who, in the coming years, will find it increasingly difficult to obtain a really good job if he has weighted himself with the drink habit.

was \$825,246.48.

The State Farm cost for caring for the results of drink \$333,854.82.

What percentage of the income was necessary for maintaining this one institution? Ans. forty per cent.

IX. How much money was left from the State's liquor revenue (\$825,246.48) for the expenses of the paupers in the State Almshouse due to drink, the alcoholic insane in State Hospitals, the courts, police officers, state board of charity, the Foxboro Institution for treating the drunkard? Ans. \$491,391.66.

X. The trustees of the Foxboro Institution for treating drunkards estimated that the total annual cost to the State treasury of caring for the results of drink was more than \$1,000,000. Assuming that the cost was only \$1,000,000, what would be left to be paid after paying for the expenses of drink cared for at the State Farm, (\$333,854.82)? Ans. \$666,145.18.

XI. But after deducting the expenses of the State Farm from the revenue from liquor licenses there was left but \$491,391.66 (see IX). If at least \$666,145.18 remains to be paid what would be the deficit? Ans. \$174,753.52.

An article in one of the leading Boston dailies written by the president of a brewing corporation claimed that the revenue from the liquor traffic is essential for meeting the expenses of government. If the conservative estimates of official boards and the figures of official reports in Massachusetts are correct, the revenue received by the state from the liquor license fees fails by not less than \$174,753 of even meeting the expenses which the liquor directly causes the State.

The cost of local poverty, police, courts, jails, etc., traceable to drink the Massachusetts Commission on the Higher Cost of Living estimated (1910) would bring the total cost of drink to the state as a whole to not far from \$10,000,000. "If to this we add the cost in disease and death, the total record would be appalling."

## A Promising Year

**T**HE officers and members of the Scientific Temperance Federation at its annual meeting in Boston, January 20, received enthusiastically the report of the splendid work done during the year which has been of a solidly constructive nature and of advancing new methods of educational work which have already been described recently in the JOURNAL (Oct.-Nov. Number). The traveling exhibit, store-window exhibit, the circulation of 7,000,000 pages in one pamphlet, "Alcohol in Everyday Life," the special educational number of the SCIENTIFIC TEMPERANCE JOURNAL, the posters and handbook, have been the special features of the year's work.

The report of the treasurer showed that the cash receipts for the year had been \$6,150.17; the expenditures \$6,041.87. The financial outlook for the new year was exceedingly good if resources were well-managed, and before the meeting closed, pledges of responsibility had been made for raising the indebtedness which had accumulated during five years and which is all due in salaries to the workers who have pushed on the work on meagre incomes until it has now reached its important place.

The Federation thus starts on its new year with splendid promise of larger work and opportunities than ever before.

The office of president was temporarily left vacant. Other officers elected were: Vice president, A. J. Davis; executive secretary, Miss Cora F. Stoddard, 23 Trull St., Boston, Mass.; recording secretary, Mrs. E. L. Transeau; treasurer, R. H. Magwood, Equitable Bldg., Boston, Mass.; chairman of the executive committee, Ernest H. Cherrington. Mr. Delcèvare King and Mr. Daniel Poling of Boston were added to the board of directors, the latter also to the executive committee.

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## One of the Great Questions of the Age

**T**HE president of a State Federation of Clubs wrote recently to the editor of the Survey "I have wondered that so very much attention is given to different phases of welfare by excellent writers and the subject of liquor not emphasized." This subject, she says, "is considered to be the greatest economic problem of the age, and the cause of the need of charity organizations, police courts, etc."

Undoubtedly the chief reason for the lack of emphasis on the liquor factor by many writers on social questions is the narrow conception of the alcohol question that has been passed down to us by our predecessors in social subjects. A certain academic class has insisted, until recently, that the use of alcoholic liquors is simply a moral and personal question.

Those holding this narrow conception have contented themselves with a dignified bending down to pick up from the gutter, with shrinking fastidious finger tips, the maimed and fallen drunkard. To the business of preventing drunkard-making they have given little thought, leaving it to the broader-minded students of the interrelations of alcoholism with nearly all phases of social welfare and its in-

evitable succession to social drinking customs.

A good means of showing at a glance something of the scope and extent of the information gained from the enormous amount of study and research that has been put into the subject, is afforded by some of the foreign classified catalogues of alcohol literature. A recent one issued by a publishing and distributing firm in Stuttgart (Mimir, Versand. u. Verlags Buchhandlung fur deutsche Kultur und Sociale Hygiene) contains a classified list of 715 different publications, ranging in price from 5 pfennigs to 30 marks, most of them written by authors bearing the title of doctor or professor.

A list of the subjects in this catalogue shows nearly fifty topics covering almost every aspect of human relations in over 700 different books, pamphlets and leaflets.

One report flashes up before us in a few words a vital factor in the newer and broader conceptions of the alcohol problem. Sir Thomas Barlow, President of the last International Medical Congress, was speaking at a "breakfast conference" held in conjunction with the Congress, of the amazing growth of abstinence among

• (Continued on Page 70.)



## The Simple Life

**T**HE so-called captains of capital are, with conspicuously few exceptions, the most abstemious of men. They live more simply and work much harder than the average individual. Their well-nigh Spartan regime is a revelation to those who have only the popular idea of their manner of living.

"Instead of extravagance and excess, great financial authority spells self-control and abstinence. It is the penalty that commanding leadership always exacts.

"At a time when food economy, elimination of waste effort and the conservation of all kinds of resources are uppermost in people's minds, it is interesting to see just how these militant masters of money play the most grilling of games and keep themselves physically fit for a competition that is no respecter of time or persons. In the methods behind the process of empire-making lies a helpful lesson in human efficiency—a new chapter perhaps, in the annals of the simple life.

"The average New York multimillionaire—and by him I mean the man harnessed up to vast interests—makes no particular virtue of his abstemiousness. He is forced to the Spartan path in self-defense. Eternal vigilance is the price of continued financial power. To be on this nerve-racking job day and night requires a clear brain, a steady hand and a good digestion.

"In a larger way personal habit vies with ability in the choice for important financial posts. The oldtime 'tank' who used to be very valuable in entertaining the country banker, and putting across deals under the exhilaration of strong drink, now finds he is not needed.

"The example comes from the top, and it is the precedent of abstinence and control. The men who have created the widespread impression of dissipation and indolence among the ruling millionaire class have been recruited in the main from the ranks of the idle rich; from those who inherited wealth or were suddenly projected to the crest of the golden wave. They had no responsibilities to stockholders or institutions, and think they can afford to be reckless."

Thus the Saturday Evening Post (Jan. 3, 1913) introduces an account of the habits of some of New York's present or recent great capitalists. Here are some of

the facts given concerning these men:

John D. Rockefeller's fortune was reared on an austerity of personal life that would dismay a Trappist monk. He was never a robust man yet by rigid discipline in which a strict diet was one of its most important features, he has stood the wear and tear of a career that has bristled with battle.

George F. Baker, who made the First National Bank a world-wide corporate force, until a few years ago never smoked at all. This is true of a great many big men in Wall Street. Throughout the day he never smokes; in fact there is a rule at the First National Bank, applying to everybody, which prohibits smoking between the hours of ten and three.

Frank Vanderlip, president of the city Bank did not begin to smoke until he was forty, nor has he tried to make up for lost time.

E. H. Harriman's tastes and habits were of the simplest. He did not drink or smoke.

Thomas F. Ryan scarcely ever drinks and only uses tobacco occasionally. Ask him to name the three greatest qualities that make for any kind of success and he will say: "Industry; sobriety; concentration."

George W. Perkins at thirty was vice-president of one of three great insurance companies; at thirty-nine he wore the blue ribbon of Wall Street—a partnership in the Morgan firm. He has just turned fifty, though he looks ten years younger.

### A Wineless Insurance Dinner

No man in our large affairs has worked harder than Mr. Perkins; yet he has kept fit by being constantly busy and by observing the simplest of diets. He neither drinks nor smokes. Concerning his non-alcoholic attitude there is this illuminating episode which shows the sound business sense behind: When he first came to New York to take up his insurance work the important agents of his company decided to give him a dinner at Delmonico's. He asked to be shown the menu and it bristled with wines. Taking a pencil he marked off all the liquor courses.

"But we cannot have a dinner without wine, and especially at Delmonico's," said the amazed chairman of the arrangements committee.

"Yes, you can," replied Mr. Perkins, "Get the best food that money can buy and the finest music." His wishes prevailed.

When the chairman pressed Mr. Perkins for his reason for the wineless banquet he said:

"We are in the business of selling insurance and we discriminate against people who drink. Why should we practice

the habit on which we put a ban? Don't drink yourself, and you will meet the men who are the best risks."

Otto H. Kahn, of Kuhn, Loeb & Co., never drinks cocktails and seldom tastes wine.

If you happen in at lunchtime on Henry P. Davison and Thomas W. Lamont, the last two partners Mr. Morgan added to his circle, you are liable to find them drinking buttermilk and eating crackers.

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## A Teacher's Awakening

By Karle Neye.

THE clouds of a late autumn day made the school look dark and dreary. From the trees in the playground the wet leaves fell withered and helpless into the muddy puddles, frightening the crows that with great strides were dodging around in search of discarded bread crumbs.

Lower than usual bent the heads of the thirteen and fourteen-year-old children over their desks; in the dim light the hard work of the class was still more difficult than on sunny days. Mr. Bergmann well knew these gloomy forenoons when nothing goes smoothly and hitches occur at every turn. With hands behind him he passed up and down between the rows of seats.

He seldom glanced out toward the school yard; he cared little about wind and weather; his whole attention belonged to his class. He had taught in that room five years, as long as he had lived in the big industrial city. With all the vigor of his young enthusiasm he sought to influence the minds and hearts of his pupils, and he was considered an able teacher. His pupils learned; he developed their minds. He soon found out what the individual child could do and held it to its work. His class differed essentially from the others in the great building, and no manifest negligence of his charges escaped his keen eyes.

But his interest in the home conditions of his pupils was as small as his interest in what the autumn weather was bringing against his windows. He never inquired about them; he thought he had no time. The school-room was his field; here he belonged. Why trouble himself with what was outside. His class was his kingdom.

His best labor and his best thoughts belonged to it. And what he gained by experience, what he put to the test by his teaching skill, that he gave forth again, in the quiet hours in his home, to the great circle of his fellow workers. They might like to verify his opinions when they read them in their professional journals.

Platform and writing desk, those were the bounds of his activity. And the children clung with love to their teacher. He led them by kindness and example. They worked willingly, and most of them gladly.

But one did not work. That was Albert Reisel.

Mr. Bergmann stood before his class and said quietly, "Albert Reisel, stand up."

Involuntarily all heads were raised. Forty pairs of eyes fixed themselves critically upon the teacher. They knew that today was the day.

From the fifth row of seats a large, narrow-shouldered boy arose slowly and with difficulty. He was pale; his long black hair hung over his forehead; his cheeks were hollow. His dark eyes turned stoically toward the teacher. For a moment teacher and pupil stood thus facing each other.

"Have you done your work, Albert?"

"No." It did not sound like defiance, but as if he were giving a self-evident answer to a matter of very slight importance.

Bergmann walked to the window. He must control himself. This thing had now gone on for a month. Formerly Reisel had now and then omitted assigned home work, but of late he had not done it at



all. All kind words, all friendly urging had been without results. It had now come to a last resort, and today was the day. Bergmann very seldom used the rod; he did not need to. But when he did, he used it thoroughly, that all knew. He always gave kindness a long trial. But those who would not listen must feel.

The teacher turned from the window and went quietly to the disobedient pupil.

"Again, you have done nothing? You know that I have warned you, not once but a dozen times. I have given you until today to make up your mind to change your ways. But you have not. What ought I now to do with such a boy? Why do you not do your work?"

Without answering a word the boy bowed his head and looked down at his desk.

"Have you no time to work?" Again no answer.

"Then is it to give me trouble, to vex me, that you do not do your work, Reisel?"

With a start as if some one had struck him, the boy raised his head and looked his teacher full in the eye: "No, I think a great deal of you, Mr. Bergmann."

"Pupils who like their teacher do not idle. I know from your schoolmates that you do not run the streets. You are at home, why do you not work?"

The question was put clear and sharp, but Albert did not answer.

The master took his stick, then made one more attempt to get an answer from the boy; but in vain. The class sat erect. One could have heard a pin drop. Pale, but calm and without a sound the boy went forward. Almost like physical pain the young teacher felt every blow in his own soul. But with fatherly strictness, with devoted earnestness, he punished from a sense of duty, sparing nothing. He ought and must help the boy.

"Now, take your seat," said the teacher, breathing harder than he ever had before.

But the boy remained standing, his eyes large and tearless. The children scarcely dared breathe and were trembling with excitement.

"Teacher, you have punished me, justly, and yet unjustly." And then his voice rose until he fairly shouted: "But, nevertheless, I cannot work; I cannot not at home!" His chest heaved with emotion as he continued, "Not at home! I will

tell you why, . . . but not here . . . Outside, outside!"

Silently the teacher followed his pupil into the corridor. There he first learned the strong will-power with which the boy had kept back the tears which, now that he was alone with his teacher, ran down his pale cheeks. The teacher gave him time to control himself. And then, in trembling words which seemed hardly to dare the light of day, the boy gave the startling reason for his ejaculated charge. "You have punished me justly, and yet unjustly." His lips trembled as if they could not trust anyone with the bitter sorrow they had so long restrained.

"Teacher, I have no quiet at home. I do not know where I could work. I have no place to be by myself. They give me no peace the whole day, nor in the evening, either."

The tears came again, and the teacher laid his hand upon the boy's shoulder, feeling inwardly the reproach: You know nothing about where your pupil lives, what his father is, or the condition of his family.

"My father was a barber, but not now; he once had a business, with three assistants, and one, sometimes two apprentices. Then everything went well with us. My mother sang all day long and was always happy. But it is different now. My father, who used to be always at his business now sits the whole forenoon with the first assistant in the saloon. I do not know how it all happened, but we had to move to a small lodging. My father then went out to work alone as a barber."

"And now?" asked the teacher.

"He hasn't any customers now, and is always at home. By noon he is always drunk; then he abuses and beats us. I must bring beer and whisky, and then my brother-in-law comes, and they talk so loud that I can not do any thing."

"Your brother-in-law? Who is that?"

"He goes with my sister. No, they are not married. My sister is only seventeen. But he is always at our house; often he sleeps there. He always has money because he makes such trades with rich people. Teacher," his voice sank to a low whisper. "I believe he sometimes breaks into houses. Once as I lay in bed I heard him telling about it. I couldn't understand it all. He has a good deal to do

on the race tracks. He bets, my sister says, and is a book-maker."

"And he pays for everything at the house?"

"Not for everything, but for a good deal. The lieutenant pays the most."

"Does he live with you?"

"Oh, no. We have only one room. My sister often goes with him. She did cleaning at his house, but not now. She only goes there now and looks around."

The teacher looked searchingly into the boy's face, but he had evidently no apprehension of the situation, and continued quietly.

"If it were not for the lieutenant, my mother is always saying, you could not live so well, father. And father nods and drinks to my mother. But then again he gets furious and says he will kick the whole set out. Yet when they come he laughs and sings with them."

"And do other people too come to your house?"

"Yes, the friends of Rodel, of my brother-in-law. They always make an awful noise. Then they have to bring in things to eat and beer and whisky and cigars. They often bring their girls with them."

"Is it possible? And does your mother allow that?"

"She has to. And she has to drink with them. But she is not always there. When she goes out to Mr. Brosing, then it is terrible at home, and I have to stay out in the yard or on the street."

"And who is Mr. Brosing?"

"My mother used to know him a long time ago. He is very nice; he is the head of a warehouse. My mother used to be in the warehouse. Now he often sends for her. He is the only one who is good, teacher, who sends presents. Yesterday he sent my father a fine winter coat and my mother a silk petticoat. My mother says he will take care of me when I leave school."

A look of joyful expectation passed over the boy's tired face, and the light of sincere affection came into his eyes as he praised Mr. Brosing.

This much was now clear to the teacher. The poor boy was looking into a fearful chasm of human misery, but there was so much about him that was truly child-like that there was still a chance of rescuing him.

Bergmann longed to be, must be, his

rescuer. Now he knew not only that he might have spared the poor boy the chastisement, had he taken pains to get acquainted with him and his circumstances, but here for the first time in this shocking way he first sensed the danger in alcohol, and how much misery and evil grew out of the supposedly harmless hours at the beer-table, which even to him were seductive. And all the while alcohol had been an enemy to his work!

Thus began the reflections which afterwards led him to throw himself into the anti-alcohol movement. Now he said to the boy, "I did not know this. You did not deserve your punishment. Take courage, you shall be helped."

\*

A RUSSIAN gentleman once attended a dinner in Prussia. As a rule the Russians do not enjoy the reputation of being very temperate, but this one happened to be an abstainer.

As is usual on such occasions, the guests became more and more unrestrained as the dinner and especially the drinking progressed. In a state of hilarity, a Prussian poured out a great glass of wine and presented it to his Russian neighbor, saying:

"You must empty this to the health of our Kaiser."

The Russian took up an immense joint of mutton from the table and laying it upon the Prussian's plate, said:

"You must eat this to the health of our noble Czar."

"What?" cried the Prussian in astonishment. "Do you think I am a wolf that I could eat all that?"

"Do you think," the Prussian retorted, "I am an ox that I can drink all this?"—  
Der Klare Quell, Aug., 1913.

\*

### One of the Great Questions of the Day

(Concluded from Page 66.)

the men in the British army, is reported to have credited the young army officers with the possession of this influential factor which he called "the growth of the altruistic conscience."

These two factors, more knowledge of the subject, and more of the altruistic spirit—must force this great economic question of the age, nay, of the centuries and of the civilized world—into more frequent enlightened discussion until it reaches a final settlement.



# Class-Room Helps

Conducted by Edith M. Wills

[Teachers and Sunday School workers will find much useful and suggestive material in this issue of The Journal, some points of which are touched upon in the paragraphs following.]

## The Warrant For Temperance Education

**S**OBRIETY is an important factor in health, sanitation and safety. The Washington International Congress of Hygiene and Demography (September, 1912), said to be the greatest health convention ever held, was the first great body of that nature to emphasize this fact in America. This it did by setting apart a goodly section of the exhibit space to the scientific anti-alcohol exhibit, which at the request of the officials of the Congress was prepared by the Scientific Temperance Federation and which attracted more careful attention from the distinguished visitors present than almost any exhibit shown.

The same was true when it was shown at an important Mental Hygiene Congress in Baltimore (April, 1913), at the great International School Hygiene Congress at Buffalo (August, 1913), and later at the International Safety and Sanitation Exposition in New York City, just closed.

Thus, within fifteen months four great Congresses, besides many Child-Welfare Exhibits and others of less moment, have made the publication of the great scientific facts against alcohol an essential part of their work and thereby proved that since temperance is not the fad of a few moralists, as some have supposed, but the important concern of great sanitarians, educators, eugenists and "captains of industry," there is sufficient warrant for health boards and all sorts of educators to emphasize anti-alcohol instruction.

\*

OLD SAW WITH NEW HANDLE.—The pessimist Fletcherizes his quinine pills. The optimist gets treed by a bear and enjoys the view.—*Yale Record*.

\*

"Never see any more sea serpents around here?" "No," replied the coast dweller.

"What do you suppose killed 'm off?" "I dunna. But I have my suspicion it was local option."—*Exchange*.

## Alcohol and Accidents

**A**S LONG AGO as 1897 an investigation authorized by Congress showed that 77 per cent. of about 7,000 representative employees of labor discriminated against drinkers when hiring new men.

Some of the reasons for this discrimination are discussed by Mr. West in his article (p. 52). It should be noted that it is not the saloon as such that is under discussion. There is no inherent evil in the building, the bar, or in the saloon-keeper. The inherent evil is in the nature and effects of the alcoholic drinks the purveying of which is the sole business of the saloon. The discussion, then, is not of the saloon as an institution, but of the drug it sells. We note that among the untoward effects which are suitable for class discussion are the quarrels and loud talking which almost at once indicate the impaired self-control and the irritability, the danger of habit-forming, the lack of endurance and, particularly, the accidents resulting from "befuddled intellects which make ineffectual the best safety devices and efforts of the superintendents."

The fact (estimated) that there are 2,000,000 industrial workers injured—500,000 killed or incapacitated—and 35,000 killed annually, means an incomputable loss to employers and to consumers of the products, but it means infinitely more to the injured man and his family, even if he receives compensation.

The lowest estimate (Phelps and certain German authorities) set the drink-caused accidents at 7 per cent. of the whole. That that is low is at least strongly indicated by the records of the Röchlinsche Steel Works (Völklingen, Ger., 1908), which showed an accident rate one-third higher among all the workmen than among the abstainers alone. Apparently at least 33 1-3 per cent. of all the accidents in this great manufactory were due to drink. Very likely this is

nearer the truth than the first estimates mentioned as the experience of the Ilse-der Foundry and others (see article in Journal, Dec., 1913, pp. 33-5) indicated.

Following are some of the ways in which this material may be used:

A week or two in advance of the class discussion ask the pupils to clip all news items reporting accidents due to drink or in persons "who had been drinking," to recall any others which have come under their experience, and to prepare to discuss ways in which drink is a factor in accidents. One pupil may also secure a copy of a manufacturer's liability law and another may find out how many accidents of all kinds have occurred in his own city or in the county, and in the state. (If such figures are not available, let him reckon the proportionate part which, according to population, would fall within the given limits.)

Let all the pupils compute the number of accidents, the number of deaths, and the cost (reckoning a man's earning capacity at the average of \$500 annually, or, \$20,000) for the state and for the nation using both the lower (7 per cent.) and the higher (33 1-3 per cent.) estimates.

Discuss some of the ways in which drink is a factor such as:

**Recklessness** resulting from impaired judgment and exaggerated ego which make men overconfident, etc.

**Relaxation** following drinking bouts (hangover effects) which result in slower muscular movements and in brains too sluggish to appreciate danger.

**Impaired Sense Perception.** Kraepelin showed that the equivalent of a quart of beer shortened the range of eyesight in the man experimented upon by one-third and impaired the vision for red, the danger-signal color; and Reis showed that the influence of one bottle of wine increased the errors of judgment of distances three times. Hearing, impaired, may result in misunderstanding of im-

portant orders. Sense of touch dulled increases danger from cutting and crushing tools and machines.

**Perception and Reaction Time Impaired.** The drinker does not, on the average, perceive and react to danger as quickly, and often the fraction of a second needed to avert a threatened accident is lost. (See story of engineer, p. 64).

**Tremulous Limbs.** Hands (see story of electrician who lost the use of his arm after using two glasses of beer with his dinner. Journal, p. 31.) Stumbling feet lead to falls.

The drinker not only puts himself in constant and unnecessary danger, but jeopardizes all those with whom he works.

\*

## THE SCHOOL COMPELLED TO DEFEND ITSELF

By DR. CROTE

School Inspector, Hanover, Germany

**T**HE school needs to take part in the struggle against alcohol, for its own sake. Alcohol plays a much larger part in the lives of children than is generally supposed. Among the consequences are impairment of ability to learn, and of the physical health to which in other directions so much money and attention are devoted.

The school is badly burdened with backward, nervous and otherwise defective, abnormal, or unmanageable children who are victims of their parents' drinking habits.

For the sake of its own work, therefore, the school must combat the causes of these conditions and especially ignorance and indifference. This can be done by providing for adequate instruction in the courses of study, by personal example, by instructing the parents, and by training continued through the whole period of youth.

Whether a nation stands or falls depends upon the proper training of its young.

## FAILURE AND LIQUOR

**T**HE first and most seductive peril, and the destroyer of most young men, is the drinking of liquor. I am no temperance lecturer in disguise, but a man who knows and tells you what observation has proved to him; and I say to you that you are more likely to fail in your career from acquiring the habit of drinking liquor than from any or all other temptations likely to assail you.

You may yield to almost any other temptation and may reform—may brace up, and, if not recover lost ground, at least remain in the race, and secure and maintain a respectable position.

But from failure caused by the drink habit recovery is almost impossible. I have known but few exceptions to the rule.—Andrew Carnegie.

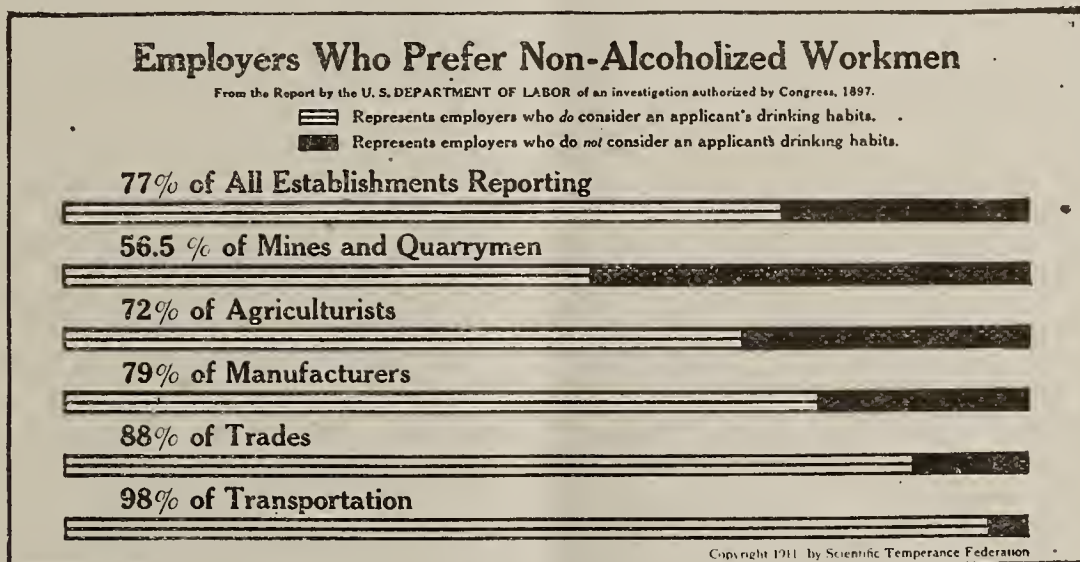


## Formulas of Success

ALL normal American children wish to succeed, but some have the impression that a little drink will do no especial harm, that, indeed, many "captains of industry" do use alcoholic drinks more or less regularly. Probably some of them do after they have reached the top, but some of these very men, strong-willed as they must of necessity have been to succeed, are destroyed in mid-life, as we were informed by one of their millionaire conferees. Note the significant point made in the article discussing the habits of the Successful (p. 67) that most of the dissipation in high circles is among the idle

or the new rich, but not "among those who are responsible to stockholders or institutions," also the incident related of Mr. Perkins and the reasons he gave for wineless banquets among financiers some time before our distinguished Secretary of State set a similar example in political circles.

Mr. Ryan's rules of success—Industry, Sobriety and Concentration—supported by the items regarding other "captains," might well serve as the framework of a lesson, each child contributing the facts regarding one man, followed by a general discussion of the ways in which alcohol hinders or destroys human efficiency.



FROM POSTER NO. 26.

## Alcohol and Efficiency

WHILE severely deprecating war, we may yet draw from its records many wholesome lessons for illustration or guidance in times of peace. Thus, the articles dealing with the Balkan War (p. 45) suggest interesting illustrations or points of contact in introducing a lesson on alcohol and body temperature or on general efficiency.

For example, the abstinent soldiers showed "almost superhuman endurance" in coping with fatigue, with the rigorous cold and again with tropical heat; they had no epidemics or serious infractions of discipline; and when they were wounded their wounds promptly healed. The contrary was true of the soldiers who were permitted to drink and, as is too often the case, the sober suffered the loss of life or limb because befuddled brains

of those in authority put them in unnecessary danger. (Note also reference to the Turks.)

Notice also the discussion of the relative merits of boiling and alcoholizing drinking water to make it wholesome.

\*

How employers are coming to recognize alcoholism as a big risk to their business in increasing accident and health risk and what they are doing to offset it is set forth in **Safety**. The volume is a fascinating and suggestive revelation of the varied activities by which the welfare of workers ought to be safeguarded or is actually being protected.

**Safety**, by Wm. H. Tolman, Ph D., and Leonard B. Kendall, 422 pp. \$3.00, Harper & Bros., N. Y.

## The School's Chance

**T**HE mechanic is especially warned against intemperance because it makes him inattentive and incapable of avoiding the dangers of working with machinery, in an illustrated handbook issued by the Southwest German Wood Trade Association in commemorating its twenty-fifth anniversary. The handbook is entirely given up to the subject of the prevention of accidents in factories for the manufacture of furniture, wooden ware, mechanical joining and related industries.

Numerous accidents of all kinds in industrial operations, the handbook states, are caused by intemperance and yearly cost many millions of marks for compensation, to say nothing of the misery and wretchedness into which many families are plunged.

The widespread immoderate drinking of alcoholic liquors in industry, says this German trade publication, "is a great disadvantage to our international competition, especially with North America, where the fight against alcoholism by means of obligatory school instruction has had marked results. It is, therefore, an indication of progress that the use of alcohol in industry is being interdicted by trade literature as well as by legal requirements, and that representatives of labor are entering the fight against alcoholism. Even outside the factories the use of beer and spirits should be curtailed."—Deut. Verein g. d. Missbrauch geist. Getranke, November 29, 1913.

\*

**A**NDREW D. WHITE, ex-president of Cornell University said in regard to cigaret smoking: "I never knew a student to smoke cigarets who did not disappoint expectations, or to use our expressive vernacular, "kinder peter out." I have watched this class of men for thirty years, and cannot recall an exception to this rule. Cigaret smoking seems not only to weaken the young man's body, but to undermine his will and to weaken his ambition. In colleges having a large percentage of these futile personages they too often give the student tone; they set the fashion, the fashion of over-expenditure, of carelessness as to the real aim and glory of college life."—The Cornell Sun, Jan. 13, 1914, reprinted from Nov. 11, 1891.

## A Call For Patriotism

By PROF. E. KRUKENBERG

**B**ECAUSE young people go out where they are surrounded with temptations to drink, they must know what alcoholic injury signifies. They must turn away from it conscientiously when they meet it outside. And because knowledge alone is not a sufficient stay against allurements, the will should be trained to self-decision and self-preservation. The young will not then be slaves to traditional vicious customs, but free men and women in action and behavior.

But without a definite purpose to stimulate it, the will remains inactive. The motive to be held out here is **the higher development of the nation**. Every man, every young woman, becomes either an augmentser or a squanderer of public health and strength. Whether, and how the nation shall continue to exist, whether or not it will become subject to other nations which may rise up in unexpected strength around it, depends upon whether we hold in honor the health of our bodies, and turn resolutely away from what will injure them.

Alcoholism brings the most serious injuries upon the whole people, as well as upon the individual, because it prepares the way for other injuries.

Our object, therefore, is a clear-brained, wide-awake young generation capable of inspiration, instead of one getting from an artificial means an inspiration that passes off with the effects of the alcohol. Inspiration for the strength and greatness of the nation will help our youth to outgrow inherited bad customs.—Translated for The Scientific Temperance Journal.

\*

If further investigations shall prove that fathers suffering with alcoholism beget imbecile and epileptic children, the state will have an additional reason, and a greatly increased interest in the movement for adopting stricter regulations controlling the sale to the public of all intoxicating drugs, but especially alcohol.—Report of the Penn. State Commission on the Segregation, Care and Treatment of Feebleminded and Epileptic Persons. 1913.

\*

## CORRECTION

By mistake the accident rate in the Ilseder Foundry, Ger., (Dec. Journal, p. 34) was given as so many per 100 where it should have been per 1,000, the correct figure.



# The Library Table

The **Brewing and Malting Industries** of Germany stand eighth among the thirty groups of industries listed as to the number per 1,000 workers injured annually. They are exceeded only by such industries of recognized danger as teaming, flour mills, quarries, mining, tunneling, river and lake navigation and wood-working. They exceed in accident rate, for example, the iron, steel and building trades.

The table showing this list of industries is the frontispiece of **Accident Prevention and Relief**,<sup>1</sup> a report of an investigation of the subject in Europe made under the direction of the National Association of Manufacturers of the United States. The volume is elaborately illustrated by half-tones and colored plates and affords much information on the operation of industrial compensation schemes, especially in Germany and England.

It is a pity the book does not bring out some of the facts concerning drink and industry which the German and Austrian compensation statistics have afforded. For instance, the greater number of accidents was in part, at least, attributal to the casual assumption that "we may be compelled to infer that it is due to fatigue," although European authors have frequently suggested the strong probability that the high rate of Monday accidents was in part, at least, attributable to the hang-over from the heavy drinking of Saturday night and Sunday, which increased the effects of fatigue, instead of permitting the worker to obtain the needed recuperation on Sunday.

\*

A similar omission occurs in **Fatigue and Efficiency**.<sup>2</sup> One is led to wonder why this volume, issued by the Sage Foundation, which is in general a valuable study of fatigue and its bearing upon the many ramifications of human welfare and efficiency should have totally ignored the relation of alcohol to fatigue in increasing it, the narcotic effect in dulling the sensation of fatigue which is a danger signal. The only point of view which the author entertains, so far as one can

judge from the text, is that the desire for drink among industrial workers often springs from sheer physical exhaustion. If it can be shown in time, as would be reasonable and as one or two instances quoted in this book seem to indicate, that a shorter working day is conducive to sobriety, releasing workers before the exhaustion of fatigue overtakes them and inclines them to dull the sensation in drink this would, indeed, constitute an additional strong argument for the shorter day. At the same time the author seems to have not quite done justice to her reading public in failing to point out the ascertained facts as to the effect of alcohol in increasing fatigue, and in deceiving the user as to its actual results on weariness.

<sup>1</sup>**Accident Prevention and Relief**, by F. C. Schwedtmann and J. A. Emery, 481 pp. Nat. Assn. of Mfgs. of U. S. A., 30 Church St., N. Y.

<sup>2</sup>**Fatigue and Efficiency**, by Josephine Goldmark, 8vo. 358 pp., \$2.00. Survey Associates, Inc., 105 East 22d St., N. Y.

\*

The translator of **The Sexual Life of the Child** supplies the lack of the author in pointing out in a footnote the effect which even moderate doses of alcohol may have in blunting the finer sensibilities and in disturbing the judgment, both of which have an important bearing upon irregular relations between men and women.

The author's general treatment of the subject of the book should be helpful to parents, teachers and physicians who have to do with the training of children and youth.

**The Sexual Life of the Child**, by Dr. Albert Moll, 389 pp. \$1.75, MacMillan & Co., N. Y.

\*

The three-fold influence caused by alcohol on the mind, the conscience and the will, presents to every nation a problem which strikes at the root of its competitive efficiency, in moral as in material things.—J. T. Rae, at the Milan Intern. Con. vs. Alcoholism.

PUBLICATIONS RECEIVED

A WORKING TEMPERANCE PROGRAM. By Samuel Zane Batten, Amer. Bapt. Pub. Socy., 66 pp., Phila., Pa.

ALCOHOL AND ALCOHOLISM. Ten Studies in the Nature and Effects of Alcohol. By Samuel E. Gill, 36 pp., \$.10. Penn. State S. S. Assn., Phila., Pa.

HEALTH OF THE SCHOOL CHILD. By Robt. W. Hastings, M. D., 24 pp., \$.06. Health Education League, 8 Beacon St., Boston, Mass.

ALCOHOL NOT A STIMULANT, BUT AN IRRITANT AND DEPRESSANT. By David Marvin, M. D., Univ. of Vermont. Vt. Anti-Saloon League, Burlington, Vt.

ON THE FIRING LINE IN THE BATTLE FOR SOBRIETY. By Jenkin Lloyd Jones, 134 pp., cloth, \$.50. Unity Pub. Co., Abraham Lin-

coln Centre, Chicago, Ill. The Unitarian Temperance Society, 25 Beacon St., Boston, Mass., offers a special edition to libraries, teachers, preachers and Sunday school superintendents who on application (sending five cents for cost of delivery) will be sent a copy on condition that they keep it in use among their friends.

PROHIBITION ADVANCE IN ALL LANDS. By Guy Hayler. An interesting summary of educational as well as legislative temperance work in many lands. 230 pp., paper, 1-6; cloth, 2-6. International Prohibition Confederation, 144 Salisbury Sq., London, E. C.

PLANE AND SOLID GEOMETRY. By Walter Burton Ford and Charles Ammerman. \$1.25, MacMillan Co., N. Y.

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4. Deaths of Babies Increased as Mothers Became More Alcoholized.
5. Parents' Drinking Retards Development of Children.
6. Hand-in-Hand — Feeble-Mindedness, Alcoholism.
7. More White Plague in Children of Drinkers.
8. Defective Children Increased With Alcoholization of Fathers.
9. Alcoholism and Degeneracy.
10. Alcoholic Parents Had More Feeble and Defective Offspring.
11. Deaths, Defects, Dwarfing in the Young of Alcoholized Guinea-Pigs.
12. Drink Impairs Scholarship.
13. Wine-Drinking School Children Do Poorer School Work Than Abstainers.
14. Drink Burdens Childhood.
15. Children in Misery.
16. Drink Cuts Into the Support of the Family.
17. Till Death Do Us Part (Divorce).
18. Youth and the Alcohol Habit.
19. Drink a Great Cause of Immorality.
20. How Drink Leads to Immorality.
21. Alcohol Impairs Muscle Work.
22. Skill and Endurance Impaired by Drink.
23. Moderate Drinking Reduces the Workman's Efficiency.
24. Daily Drinking Impairs Memory.
25. Alcohol Reduces Mental Rapidity.
26. Employers Prefer Non-Alcoholized Workmen.\*
27. Three Accidents Monday--Two Other Days.
28. Drinkers Had One-Third More Accidents Than Abstainers.
29. Alcohol Going From the Medicine-Chest.
30. Where Drink Did Its Worst Among Insured Men.
31. Some Diseases of Chronic Drinkers.
32. Drinkers Had More Sickness Than the Average.
34. More Drinkers Died Early.
35. Keep Cool. Drink Increases Danger From Sunstroke.
36. Death-Rate in Pneumonia Increases With Alcoholic Habits.
37. Tuberculosis Patients Handicapped by Alcoholic Habits.
38. More Deaths From Alcohol Than From Typhoid or Smallpox.\*
39. Abstainers Have Less Sickness, Smaller Death-Rate.
40. The Titanic's Loss Repeated Every Eight Days.
41. An Adult Death From Alcohol Every Eight Minutes.
42. Alcohol Responsible for One Suicide in Every Four in United States.
43. Insurance Records Show That Drink Shortens Life 11 per cent.
44. Do You Know? One Insane Person in Every Four Owes His Insanity to Drink.
45. Assaults and Drink.
46. Drink's Cost to the Taxpayer in Poverty, Crime, Pauperism, Etc.
47. What Germany's Emperor Thinks About Alcohol.
48. The Abstainers' Advantage in a Championship Walking Match.
49. Death-Rate From Various Diseases in Drinking and General Class.
50. Workmen! Drink Makes You More Liable To Accident.

(\*See page 73.)

(\*See page 61.)

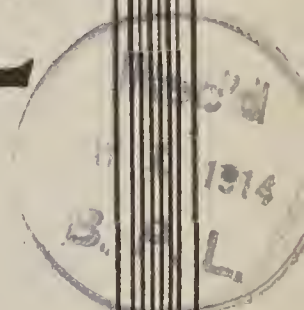
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Victor Hugo.

*Published at—*  
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APRIL, 1914

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# Scientific Temperance Journal

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No. 6

## The Only Way to Win

It takes a little courage,  
And a little self-control  
And some grim determination  
If you want to reach a goal.  
It takes a deal of striving  
And a firm and stern set chin,  
No matter what the battle,  
If you're really out to win.  
There's no easy path to glory,  
There's no rosy road to fame,  
Life, however we may view it,  
Is no simple parlor game;

But its prizes call for fighting,  
For endurance and for grit,  
For a rugged disposition  
And a "don't-know-when-to-quit."  
You must take a blow or give one,  
You must risk and you must lose,  
And expect that in the struggle  
You will suffer from a bruise.  
But you mustn't wince nor falter.  
If a fight you once begin,  
Be a man and face the battle—  
That's the only way to win.—Anon.

\* \* \*

## A Study of the Pre-Natal Influence of Narco-Stimulants

By PROF. J. E. HICKMAN, A. M.

Head of Normal School, B. Y. College, Logan, Utah

THE effects of alcoholic beverages upon the users as well as their offspring have been variously studied by many writers, but the effects of the milder narco-stimulants (tea, coffee and tobacco) have been given very little attention. The writer undertook to discover what effects, if any, narco-stimulants have upon the users and their offspring.—Does one stimulant have more effect than another? Does the use of one or more than one manifest any measurable difference in the offspring of the user. The answer to these questions could be known only through the accurate measurements and a studied analysis of the data obtained.

The writer studied 306 families. In these families were 2,530 children. This gave a total of 3,142 persons. Six hundred and twenty were high school students who were carefully measured mentally and physically. With the aid of Dr. McGregor the investigator examined the eyes, ears, teeth, throat, heart, lungs, stomach, kidneys, nervous condition, severe sicknesses, appetites, etc. Their weight, height, age, mental standing (in the Murdock Academy, Beaver, Utah) was obtained, also the length of time it took them to graduate from the public schools. Of the other 2,522 only the death rate and abnormalities—mental and physical—were obtained.

The children were divided into eight classes according to the habits of the parents: total abstainers (A); using caffeine

(coffee) once a day (B); twice a day (C); three or four times a day (D); caffeine once a day, and nicotine (E); caffeine twice a day, and nicotine (F); caffeine three or four times a day, also nicotine (G); caffeine nicotine and alcohol (H).

The abstainers' children graduated on an average from the district school in seven and a half years; those from caffeine users in eight years, while those coming from families who used not only caffeine and nicotine but also alcohol graduated in eight and a half years. Of the 306 families only seven of them used alcohol as a beverage so their children had little influence upon the average time in graduating. The children of class A (abstaining parents) were on an average 7 per cent. higher intellectually in the Academy than the children from the narco-stimulant class. Though they showed to be 7 per cent. brighter, they were on an average, also, seventeen months younger. This would indicate an intellectual difference still greater. The records revealed the fact that the children from the narco-classes dropped out of school twice as rapidly as the students from the abstaining families, and that, as a rule, by their own choice.

The students from class A were superior in all measurement—physical, mental and vital—to those of class B, or to those whose one parent used caffeine once a day; while class B were superior in nearly all of the twenty measurements to class C. Class C were superior to class D, and, in turn, class

•D were superior to those of class E in most of the twenty measurements.

But the children of class F—the group whose parents used caffeine once a day and one parent used tobacco—were on an average, inferior in every measurement to class E and as families increased the use of caffeine and nicotine their children became more inferior. The children of class H were equally inferior to all other classes. Of the 2,530 children only three were idiots or deformed and two of them came from the seven alcoholic families and the other one came from the caffeine class.

The examinations showed that the abstainers' sons were 1.43 inches taller and 5.11 pounds heavier than the sons of the narco-families, while the girls were 1.06 inches taller and 6.36 pounds heavier than the girls of the narco-stimulant class.

Though the abstaining parents were the same age as the narco-parents, yet 72 per cent. more of the children of the latter had died than of the abstainers' children. Only 49 per cent. of the abstaining families lost children while 65 per cent. of the caffeine families and 79 per cent. of the caffeine-nicotine-alcohol class lost children. This increased death-rate can not be attributed to drunken mothers (none used alcohol) neglecting their children, or to poor mothers leaving their children while they went to work, because about 99 per cent. of the people own their own homes. Nor can the difference be due to crowded centers, for all live in mere villages or hamlets and these settlements are in high, dry altitudes in Southern Utah where the altitudes range from 4,500 feet to 6,000 feet above sea level.

The record indicated that the death-rate was 41 per cent. higher among the narco-stimulant parents than among the abstaining parents.

The eyes and ears of the 620 students were carefully tested and the results showed that 10 per cent. of the abstaining offspring were slightly defective in hearing, while 28 per cent. of the narco-classes were under normal. Seventeen per cent. of class A and 53 per cent. of the narco-classes had defective vision.

Summing up all the ailments in the two classes, it was found that 48 per cent. of class A had some physical ailment while 84 per cent. of the narco-offspring showed physical defects.

#### DEFECTS INCREASED WITH TIME.

A word as to the results of the second and third examinations: Of the 209 who

were examined the second and third time, the only record kept was that concerning their physical conditions, and this record was compared with the first one. It was shown that physical ailments were increasing in some and decreasing in others. The records indicate that, in the offspring of the abstaining class, 40 per cent. of them had some new physical defect not noted at the first examination the year before. But 20 per cent. showed an improvement over their previous condition. We may infer in a general way, that 20 per cent. of this class have developed (over and above the decrease) physical defects whether permanent or temporary time only can tell.

The offspring of the narco-stimulant parents gave 63 per cent. of new ailments not detected at first examination, but only 9 per cent. indicated an improvement over former conditions. The increase of physical ailments was much more rapid in this class and the decrease of former complaints was very much less. If this condition be a type of the two classes then a future examination would probably reveal a greater physical difference, for the second and third examinations gave a greater difference between the two classes than was shown at the first one. For then the narco-group had 26.5 per cent. more ear, 70.5 per cent. more eye defects, and 36 per cent. more physical ailments (other than eye and ear) than had the abstaining group. There is a kinship between the increased physical ailments and the death-rate of the two classes. The records show that the offspring of the narco-stimulant died through all the years from birth to the age of thirty, while none of the abstaining offsprings died after they were eighteen years of age. The data is too meager to venture a definite conclusion but the indications are sufficient to propound a question of much importance and that is: "Does physical decay go on more gradually and more rapidly in this class and as a result is the narco-generation shorter lived than the abstaining group?"

The findings of this thesis may be briefly tabulated as follows:

1. Offspring from abstaining parents as a rule, live longer, are taller, heavier, healthier and more intellectual.
2. The increased use of caffeine in parentage proportionately decreased the physical and mental traits of the offspring.
3. Wherever parents used both caffeine and tobacco, their children, on an average, were inferior to those of caffeine parentage



in nearly all of the eighteen measurements.

4. The death-rate of children in narco-families was 72 per cent greater than in abstaining families.

5. Fifty-one per cent. of the abstaining families lost no children; 38 per cent. lost no children where one narco-stimulant was used; 21 per cent. lost no children where there was an increased use of narco-stimulants.

6. There was a higher death-rate among narco-stimulant parents of the same age than among the abstainers.

7. The children in the high school from abstaining families, were on an average seventeen months younger than those of the narco-class, yet they ranked 7 per cent. higher in their studies.

\* \* \*

## The Smoked as Well as the Smoker Affected

\* Abridged from an article, on "The Influence of Tobacco on the Human Organism," by Prof. C. Frankel-Hochwart, Vienna, in the *Deutsche Zeitschrift für Nervenheilkunde* (Nos. 47 and 48, 1913).

IT is a well-known fact that many persons do not feel well in tobacco smoke. To some, the smoke of a cigar or cigarette causes almost unendurable discomfort. They feel sick if they enter a room where some one has been smoking.

Those having this sensitiveness are often of a nervous temperament, but many have no other mark of general nervousness. Extreme sensitiveness is met more frequently among women, but is not infrequent among men. Some smokers even, feel very uncomfortable in an atmosphere of tobacco smoke unless they themselves are smoking.

Among the symptoms caused by remaining in tobacco smoke are stinging sensations in the eyes which often correspond to pronounced conjunctivitis, and a feeling of huskiness in the throat accompanied by a visible reddening of the pharynx.

Although these experiences are as old as the hills, no scientific study has ever been made of them.

Since I have been engaged in the study of tobacco diseases, and little by little through the study of the literature and from my own experience have acquired some knowledge of the nervous diseases of the tobacco smoker, I meet, here and there in practice, cases that impress me as belonging to the class of "nicotine-noxie." On examination these persons have declared that they smoked either very little or not at all, and no evidence of any other injurious agent was presented. But I learned that they often spent much time in a tobacco-laden atmosphere.

The literature of the subject gives very little information on this point. Vallin reports an instance: a number of sailors confined during a storm in a close room where they smoked heavily were attacked with angina-pectoris. Even those who had not

smoked were made sick. The same author also reports three cases of angina in heavy smokers who recovered after abstaining. These attacks would return when they were subjected to a tobacco atmosphere, even though they did not themselves smoke.

Clinical observations on this point were so scarce that Frankel-Hochwart instituted a series of experiments on men.

For the purpose of the experiment it was necessary to place the subjects in the strongest tobacco smoke possible. Hence they were shut in a small room with the door and windows closed while loose tobacco was smoked with a bellows apparatus until the room was filled with smoke. This usually took about twenty minutes and the burning of 20-22 grams of tobacco. Twenty-eight adult subjects were experimented upon, two of whom were women. All were doctors or students of medicine, from twenty to fifty years old. In all, sixty-two experiments were made. The subjects were classed, according to their smoking habits into five groups. Non-smokers; light smokers (those who used from four to ten cigars a day); moderate smokers (those who smoked from seven cigars to twenty cigars); heavy smokers (those using twelve cigars or thirty cigars); very heavy smokers (those using an unknown number of cigars or cigarettes a day).

Two persons usually entered the room together. Every little while measurements and readings were taken of the pulse, the respiration, the blood pressure, and mental reaction.

The author records that he had never smoked, but had been much in rooms filled with smoke. During the experiments he often felt a certain mental quickening, a tendency to talk and make humorous remarks, an effect similar to that which he

experienced when he drank a small quantity of wine. Similar effects were also noticed in the others, in both smokers and non-smokers. The effects seemed to be more pronounced upon the smokers than upon the non-smokers.

Gradually this mental state gave place to a certain feeling of discomfort—a dislike for the surroundings; almost always there was experienced an unpleasant bitter taste combined with a flavor of tobacco. All food had an unpleasant taste of tobacco. There was often a strong tendency to sleep. Many times the unpleasant sensations did not come on until a few minutes after leaving the smoking-room and lasted about an hour. Several of the other subjects showed the same kind of after-effects.

Among the symptoms observed in others were: general restlessness, nervousness, headache, slight faintness and nausea, sometimes inflamed states of the mucous membrane, conjunctivitis and pharyngitis.

These experiments showed how differently tobacco works on different individuals. While some declared after five to ten minutes that they could scarcely remain longer in the room, others were absolutely unaffected (four out of the twenty-eight cases, two non-smokers and two smokers).

Two physicians, one forty-five and a very heavy smoker, the other, twenty-five and a moderate smoker were remarkable in that they showed only a slight change of blood pressure.

Two interesting cases, both moderate smokers, showed very little reaction while in the smoke, but about ten minutes after leaving the room there was a pronounced fall of the blood pressure that could not be attributed to accident. In one the pulse and the mental reaction quickened while in the smoke, but slowed afterward in the open air. In the other, a somewhat nervous man of thirty-three, all reactions were slowed.

It was interesting to study the difference in effect produced by sitting in the smoke-filled room, while not smoking and sitting in a large smokeless room where they rapidly smoked cigarets, though no estimate of the comparative amount of smoke inhaled could be made.

In five of the ten persons the blood pressure fell more when they were actively smoking than when they were sitting in the smoke. One non-smoker showed no essential change in pressure while smoking a cigaret, but considerable change while in the smoking room.

Eight of the ten showed almost the same mental reaction when actively smoking as when sitting passively in the smoke. One heavy smoker showed more shortening of mental reaction in the smoky room than when he was actively smoking.

In order to settle the very practical question of how these people reacted under the combined effects of active smoking and a smoke saturated air, five were allowed to smoke two or three Egyptian cigarets in the room while twenty grams were smoked by the bellows. The two physicians who had shown no reactions by either single method showed in the combined method, a rise in pulse frequency from 78 to 102; a rise in blood pressure from 95 to 100 while mental reaction remained unchanged.

We see, then, in the combined experiments changed conditions. The persons react much more strongly, or much less than in only passive breathing. There was no indication of absence of the passive effects when actively smoking. If any can bear the passive effects better when actively smoking the only explanation is that a light euphoria comes on with the active smoking that makes the unpleasant sensations less perceptible.

The most important test was with denicotinized tobacco. I let 20-25 grams of this be smoked with the bellows and subjected myself to the smoke five times. I found the difference very pronounced. I had only now and then a slight sensation in the eyes and throat. The very pronounced symptoms I experienced from full tobacco were entirely absent. Nine out of ten of the subjects experimented upon expressed themselves similarly. The one exception, a doctor, twenty-two years old, reacted scarcely at all to full tobacco smoke, but showed slight shortening of reaction time in the denicotinized smoke.

Only one of the nine who reacted to the full tobacco showed a fall of blood pressure with the denicotinized.

Of the six who showed shortened reaction time with full tobacco, none showed a change with the denicotinized.

The blood pressure measurements showed still less changes with the denicotinized smoke and the same was true with pulse frequency.

Thus we find that the smoke of denicotinized tobacco produces much less effect than that of the full nicotine. The small effects found may well be attributed to the small amounts of nicotine remaining.



## CONCLUSION.

In an investigation of twenty-eight adults, smokers and non-smokers, who sat in a room filled with strong tobacco smoke, five showed little or no reaction. Of the other twenty-three, eleven showed a fall of blood pressure. The pulse in five cases was unchanged; in four cases increased, in two retarded. Mental reaction was always shortened. Two cases showed no change

in the smoke but very pronounced ones after getting into the open air. In five cases blood pressure sank without affecting mental reaction; in five, pressure rose, with shortening of mental reaction in three.

With ten subjects the effects of sitting passively in smoke were compared with those of actively smoking. In some the reaction were weaker with actively smoking, in some stronger. Five showed no difference.

\* \* \*

## A Tobacco Discussion

SEVERAL years ago a Baltimore doctor (Dr. Hirschfeld) in the *Maryland Medical Journal*, severely criticized the Anti-Cigarette League, the W. C. T. U., and the school physiologies for teaching what he called "big lies" about tobacco. The statements he so labeled were shown (*School Physiology Journal*, Jan., 1907) to be in exact accord with standard authorities such as Taylor's "Treatise on Poisons," Paterson and Barnes "Textbook of Legal Medicine," "The United States Dispensatory"—known to the trade as "The Druggist Bible," and a number of individual physicians, including Dr. Oliver Wendell Holmes, whose scientific knowledge and veracity are quite generally accepted.

But as a defender of tobacco Dr. Hirschfeld evidently knows no defeat, for in January, 1913, he again assailed tobacco critics through the columns of *Harper's Weekly*.

The complete refutation of these renewed charges, by an experienced teacher of Philadelphia\* are here presented in condensed form partly because when error gets a first start Truth needs all possible assistance in overtaking it, and partly because Mr. Taylor's reply is valuable in itself since it answers several current, mischievous fallacies about tobacco.

The first point raised by Mr. Taylor is that Dr. Hirschfeld cites no statistical studies in support of his assertions.

The second point is that it is utterly absurd to say as Dr. Hirschfeld does that the great opposition to the use of tobacco is based largely upon a kind of puritanic dislike of anything that gives too much pleasure.

As a matter of fact, says Mr. Taylor, anyone who knows anything at all about the question knows that the most consistent and determined opponents of smoking are the

school teachers of the country, and the physical directors and athletic coaches.

In dialogue form the discussion from there on would run something like this:

Dr. Hirschfeld—Those who know no better object to it because it gives its users contentment, peace, and a healthful, animal sort of enjoyment, a sublime callousness to the ethical and theological puzzles which fret and frazzle its enemies, a beautiful and irritating indifference to all but the pleasant things of life.

Mr. Taylor—Why consider a callous indifference in the finer things of life as a distinct advantage? It is true that heavy smokers, especially juvenile smokers, are often callous and insensitive; that is one of the serious charges laid against the use of tobacco; but why advertise that effect as one to be desired? I doubt if an unnarcotized public will agree to this.

Dr. H.—Practically all of the world's gigantic store of anti-tobacco literature is based upon four fundamental propositions:

1. Tobacco contains nicotine, which is a powerful narcotic and poison.

2. In the process of smoking, nicotine is absorbed into the body and produces or induces many deadly maladies, including cancer, paralysis, heart disease, bronchitis, blindness, and tuberculosis.

4. Nicotine is such a powerful poison (this is a classical argument and appears in all the school physiologies) that one drop placed upon the tongue of a dog is sufficient to kill the animal.

Nicotine is in fact a decided narcotic and poison, but, the drug enters the body in such small quantities and "the body so soon grows immune to its effects, that it does no harm whatever."

Mr. T.—As to the smallness of the entering quantity, first of all, infinitesimal as it

\* Psychological Clinic, Vol. VII, p. 153.

is, it is yet powerful enough to produce very painful and characteristic disorders.

Dr. H.—People who have once had yellow fever, or small-pox, become immune to those diseases. It is the same with nicotine poisoning. The man who has gone through the mild poisoning that attacks beginners is thereafter immune to tobacco.

Mr. T.—That sounds well, but drugs and poisons do not all act in the same way. Alcoholic poisoning is a beautiful example of the group of habit-forming drugs. No matter how a man is poisoned—no matter how drunken he is upon his first close acquaintance with alcohol, he is hardly less affected the next time, and the next time. In fact he can readily be poisoned to the end of his days, which are not likely to be many. Also, by taking small doses of opium, one does not seem to become immune. In fact, as in alcohol poisoning, and also in nicotine poisoning, the pressure of the drug in the system seems to set up a craving for more of the drug, often with serious results. However, there is no need to pursue this particular line further. The figures given by Dr. Seaver and Dr. Pack show that the regular taking of nicotine, even in very small quantities, does not make the taker "immune" at all, but causes serious and perhaps permanent effects.

Dr. H.—After all, the smoker, even the cigaret smoker, really obtains but a very small amount of nicotine, a fraction indeed of the amount of the drug which existed in the smoked cigars, cigarettes and pipes. The cigaret user receives no worse effects than could be obtained by smoking kindling-wood, hay, or dried leaves.

Mr. T.—The smoker does, in fact, receive very little of the amount of nicotine existing in his cigar or cigaret, but that little, as our statistics seem to show, has some effect after all, and one not to be left unconsidered.

Dr. H.—Tobacco-heart has nothing whatever to do with tobacco. Cardiac pain without evidence of arteriosclerosis (hardened arteries) or valvular disease is not of much moment.

Mr. T.—This is true enough, for ordinary cardiac pain, as anyone who knows anything about the heart will tell you, is no evidence that anything is the matter with the heart itself. But have you ever heard of a sphygmograph, or of a plethysmograph, and if so have you ever obtained pulse-

records of numbers of smokers and non-smokers with the aid of these ingenious instruments? I have made many such records and I have seen the trembling finger of the instrument, moving lightly over the blackened paper, mark the characteristic little irregularities that appear in the pulse of the habitual smoker. There is no cardiac pain at all. One may have a cardiac trouble without pain in the heart. And so one may have tobacco-heart without pain, too. There is no question of pain at all. But that the regular use of nicotine does cause the introduction of an irregularity into the pulse is easily demonstrated, and anything that will cause an irregularity in something as important as the pulse, must be a matter of serious consequence indeed.

Dr. H.—Many have "pointed out the indubitable fact that the average boy smoker is not as bright as the boy who does not smoke." Only stupid boys smoke any way, boys who are stupid from birth and who will remain stupid through life. Bright and healthy boys, if kept away from evil companions, will not smoke. If you do not believe it, ask any observant school teacher.

Mr. T.—Well, for one, here is a former school teacher writing this present article, a teacher who has incidentally made physical measurements and individual study of many hundreds of boys. This particular teacher does not believe any such thing.

Why do boys smoke? Not because they are stupid from birth, not at all. Merely because they wish to imitate "grown-ups." In two things a boy can imitate a man—one kind of a man. A boy can be as profane and a boy can smoke as much, or almost as much. Then too, active boys like to be considered "sports," and are not generally shown the difference between "cheap sports" and "real sports." The cheap sport is usually in evidence; he is no athlete, he is usually a corner lounge, and of course he smokes largely; also he is usually profane. So the boy wishing to be looked upon as older and more mature than he is, adopts the striking vices of this striking type of "sport," and so becomes a smoker. This has been shown not only by my own observation, but by that of all close students of the question with whom I have become acquainted, one of whom I may mention, Dr. Arthur Holmes, late Assistant Professor of Psychology in the University of Pennsylvania. The boy,—the average boy and not the abnormal one—smokes in imitation, and suffers serious consequences thereby.



## Tobacco Smoking and Mental Efficiency

By ARTHUR DERMONT BUSH, M. D.

Instructor in Physiology, University of Vermont\*

### METHODS EMPLOYED.

THE methods employed were similar to those used by Professor Thorndike and others, at Columbia University. The subjects, seated, at ease, and reasonably free from the effects of any immediately recent smoking, were requested to respond to the tests with the greatest possible speed and spontaneity.

The first test employed was the so-called E test, wherein the subject is required to cross out all the E's in several lines of unspaced capitals; this experiment tests simple perception. (To obviate any undue gain from experience the secondary test employs A instead of E.)

The second test was that of "chain association." In this test the subject is required to say in ten seconds all the words that flow through his mind, the initial word being one suggested each time by the operator from a given series. An average is made of five tests, no test being counted unless it contains six or more words. This test shows the freedom of linking associations, one object-memory leading with varying rapidity into another. The third test was "limited association." Sets of cards were prepared, each card containing ten meaningless syllables of two letters each. The subject was required to write down in the briefest possible time whatsoever words the syllables suggested, one word for each syllable.

The fourth test, "controlled association," required the subject to name an antonym for each of the ten words on a card. The fifth test "genus species," required the naming of a particular kind for each of ten words representing general classes.

The sixth test concerned itself with visual memory. A series of spaced capital letters were arranged in rows of arithmetical progression, beginning with four; only one row was exposed at a time, the exposure being for as many seconds as there were individual letters in the row. If a subject could memorize five discrete letters in five seconds, could he memorize nine in nine seconds, and would smoking increase or diminish his memory capacity?

In the seventh test, ten words were slow-

ly read; the subject was then required to write from memory as many words as he could recall, thereby testing auditory memory.

In the eighth test a series of ten nouns was given and the subject requested to write down swiftly whatever each word suggested to his mind. This series was followed by a series of ten verbs for a second like test; thereby measuring rapidity of imagery.

The ninth and tenth tests were similar, the ninth being tests of speed in adding several columns of figures, and the tenth tests of speed in problems of subtraction.

Great care was taken in arranging these tests that there should be no disparity of ease between the tests given before smoking and those given after smoking. The subjects were earnestly cautioned to use the greatest possible dispatch in completing each test (7th excepted); they were also warned not to hesitate for any word; words not immediately apperceived and correlated must be skipped, and the attention focused on the next word. A few tests where these cautions seemed not to be rigidly heeded were thrown out as unreliable. To add to the value of the tests, each subject was required to undergo five completely different sets of tests, one set only to be taken on any given day. From these five an average was taken which represented a man's response both before and after smoking. There being twelve tests in all (numbers four and eight double) means that for the final conclusion a total of over 2,000 tests were made, half before smoking and half after, and ranging from simple perception to simple reasoning.

### SUMMARY.

1. A series of 120 tests on each fifteen men, in several different psychic fields, shows that tobacco smoking produces a 10.5 per cent decrease in mental efficiency.
2. The greatest actual loss was in the field of imagery, 22 per cent.
3. The three greatest losses were in the fields of imagery, perception; and association.
4. The greatest loss in these experiments occurred with cigarettes.
5. Nicotine was found in the distillates of all tobacco tested.

\* Abridged from an article in the New York Medical Journal (March 14, 1914).

# EDITORIAL

## Tobacco and Serious Mental Disorders

THE number of men who use tobacco without appearing to be harmed thereby is one of the greatest obstacles in the way of dissuading boys from acquiring the habit. If the actual effects could be as plainly seen as the scars of small-pox; or if the gift of foresight could bring into the present the picture that is forming for future unveiling, the thoughtless boy might be made to pause.

But where a tobacco user's sons may be half or full-grown before the physician brings in a verdict of nicotine poisoning, the father's experience comes too late to serve as a preventive to his boys.

There are beginning to be available, however, numerous warning stories of other men's experiences as seen by the doctors whose eyes are opened and unclouded.

These stories show that injuries from tobacco may be going on unsuspected for years, to break out suddenly when an unusual strain is added to the chronic effects of the long-used tobacco.

Such a story is related by Dr. S. Philip Goodhart in the *Journal of the American Medical Association*, (December 27, 1913).

A professor about fifty years old, of strong intellect and good physique, holding a chair in a university in which he is an authority on law had for many years used freely a strong imported tobacco. The morning before the attack which called in the doctor, he had passed through a distressing personal experience. That afternoon his housekeeper coming into his study saw his pipe fall from his mouth and an expression of bewilderment pass over his face. He sat motionless, did not answer when spoken to and paid no attention to what went on around him.

After about a half an hour this passed off and he began to ask where he was, if he had been ill; if he was in California. For nearly an hour this state of perplexity continued, and he kept repeating: "Where am I? What has happened to me?"

It chanced that he had an important engagement that afternoon at 2 o'clock. At exactly 1:45 he arose from his chair, went to the telephone, called up the gentleman

with whom he had the appointment and said that he would be unable to keep it. Immediately afterward the receiver dropped from his hand and he went back to his chair in the same dazed condition as before. When his housekeeper asked him why he did not let her telephone, he replied that he had not telephoned, that he had nothing to telephone for. His subconscious mind had acted for him in the important matter of the appointment while his ordinary mental faculties were helpless, and so they continued to be for about three weeks. During this time he was unable to recall anything, forgot immediately what he had just been told, failed to recognize his books or anything connected with the past.

The only treatment prescribed by his physician was the withdrawal of all tobacco, rest, and good nourishment. After three weeks of this treatment his memory returned as suddenly as it had failed. He went to his class room and gave extemporaneously the lecture he had finished the day previous to his seizure. But for years afterwards, any marked indulgence in tobacco would bring back a slight attack of loss of memory.

The combination in this case was apparently the emotional strain of the morning added to the effects of chronic tobacco poisoning.

Dr. Goodhart has been able to divide into three stages the course of mental disorders associated with long use of tobacco. First, the patient experiences distressing sensations of weakness and incapacity for effort, followed by hallucinations and suicidal tendencies. If carefully observed, a change in disposition will be seen. He becomes restless at night and finally unable to sleep. His work becomes distasteful; he has a tendency to brood. There may be attacks of palpitation and distress about the heart.

At the end of from three to six months he either recovers or suffers an abrupt change for the worse. Marked depression and a feeling of great weariness and exhaustion sets in, then brief attacks of indefinite fear during which acts of violence may be committed. He speaks only when



spoken to, but gives reasonable answers to questions. Nutrition is maintained and the appetite is good. But during the six or seven weeks that this state continues help must come, or a new stage succeeds from which no recovery has yet been recorded.

The best time for treatment is in the first stage and if entirely deprived of tobacco a cure is said to result within six months. Some authorities regard recovery as almost certain in the second stage, though it may take a year.

It is true that in all the cases of this kind, thus far cited, the patients have been heavy tobacco users. But right there is the most important question in the whole matter of tobacco or other narcotic drug habit. Why does any one use these drugs immoderately? The answer is: because the drug sets up a condition to which the position of Tantalus is a mild analogy. The user does not wish to injure himself by immoderate indulgence but he is constantly impelled to yield to the morbid craving the drug induces.

\* \* \*

IN several recent observations concerning the effects of tobacco reference has been made to the state of mental depression suffered by the user. This is brought out by De Fleury in his portrayal of Byron and certain other noted smoker writers, and it is referred to more than once by Dr. Goodhart in his article on mental disorders. Fits of mental depression and suicidal tendencies were characteristic of one group of his tobacco patients.

It would be interesting to know something of the tobacco habits of the increasing number of suicides reported in the daily papers and in statistics. Has tobacco hushed for them the song of Hope that "springs eternal" in the breasts of other tried mortals who have not tobacco hearts or tobacco brains? Or, stating it another way, are suicides due more to mental depression caused by narcotic habits than to discouraging circumstances?

\* \* \*

OUR knowledge of the effects of tobacco habits is beginning to assume analyzable shape. Scientifically conducted experiments have shown that the blood vessels, the heart and the brain at least are affected temporarily and may become chronically disordered by the use of tobacco. Practicing physicians do not cease to testify to an undoubted connection between cancer of the tongue and mouth of smokers and the irritation caused by pipe

or hot tobacco fumes, while clinical observations are pointing to a causal relation between heavy smoking and serious mental disorders. If, as Dr. Tidswell's observations (*Journal*, May, 1913) go to show, race suicide also has its roots in nicotine poisoning, the case against tobacco is serious enough to challenge universal attention.

The facts already brought out should instigate more experiments and observations.

\* \* \*

### Imitation

By RICHARD PARK, (Ind.)

ONE morning last year I drove up to a country schoolhouse before the bell had rung. As I hitched my horse to the coal house, a fat, chubby boy came walking up and said: "How are you?" I responded: "All right. How are you?" Surveying me with some curiosity, he shoved his hands down into his pants pockets as far as he could, and, leaning back in all his dignity, said: "Do you know our teacher?" I said that I did. He responded: "He uses tobacco." I said: "Oh, you must be mistaken; he is too nice a man for that!" But the little fellow threw himself back and with his hands shoved even deeper than ever into his pockets, said, with more emphasis than I can make these lines show, and as a final and conclusive argument: "Yes he does, too, and he thinks we don't know it."

Here was a teacher doing very good work in the school room. Yet he was weighed in the balance by this first-year youngster and found wanting. His conscious teaching was good, but his unconscious training was tending to make out of this boy and also the other twenty boys he had users of tobacco. Even the youngest pupil in the school had found out that he used the weed, although he had tried to conceal it.

Imitation is one of the greatest factors in education. The safest thing is to follow Dr. James' example: "Be the imitable thing."—*Journal of Education*.

\* \* \*

A LARGE number of Scout Masters in all sections of the country were asked recently, whether they approved of a resolution recommending all Scout Masters and other officials to refrain from the use of tobacco while in uniform or on outings. Out of four hundred and six replies received, three hundred and eighty-two were in favor of the resolution and only twenty-four were against it.

# Observations On the Effects of Smoking On School Grades

(The following report was published for the first time in The Psychological Clinic, Vol. 7. It gives the results of extended observations among school children, both of public and private schools. It is a part of Mr. Taylor's reply to Dr. Hirschfeld.)

LET us first consider records taken from 450 private school boys, boys of what we are pleased to term the "upper middle class." Records were taken of boys of from twelve to seventeen years inclusive. It was found that 15 per cent. of the twelve-year-old boys, 20 per cent. of the thirteen-year-old, 57 per cent. of the seventeen-year-old boys were either regular or occasional smokers. Is it likely that 71 per cent. of the boys in these schools were born stupid? It is not likely. Now follow the grades for these boys, contrasting those of the non-smokers with those of the smokers. These grades were averaged from their school reports for three successive months, and included marks for lessons as well as for conduct.

Age.....	12, 13, 14, 15, 16, 17
Grade, non-smokers.....	83, 90, 89, 84, 87, 85
Grade, smokers.....	73, 75, 73, 75, 75, 68

Even considering the fact that the smoker is likely to be an outdoor boy, and less of a natural student in consequence than the non-smoker, these figures are rather significant.

Let us now consider a group of 263 public school children, twelve years old and older, in grades from Fifth B to Eighth B inclusive.

These boys were pupils in a public school of very fine type and high standing, and in a good neighborhood. The average age for each class was found, and then the boys who were older or younger than the average were studied, not only as to their smoking—that was merely incidental—but as to many other interesting data. But with regard to tobacco, this was found—of the boys who were two years younger than the average for their class, 2.3 per cent. were smokers, of those one year younger than the average, 10.5 per cent. were smokers. Boys of the average age included 38 per cent. smokers. Boys a year older than the average had 41.2 per cent. of their number smokers, 81 per cent. of those three years over average. This is rather significant. But, you say, the older boys would naturally possess a higher percentage of smokers anyway. Well, let us consider all of the boys of one age in these grades. Taking all those of twelve years of age we find that in the highest grade there were no smokers of this age and none in the next

lower grade; in the next, 14 per cent. of the twelve-year-old boys were smokers; in the next lower 16.7 per cent.; in the next 20 per cent.; and in the next 23 per cent. Although we cannot concede that these boys smoked because they were "born stupid," we can see plainly that the boys who are advanced for their age are not smokers, while those who are low for their age are so in considerable proportion.

A study was made of the "disease" records of these 262 boys. The total percentage of smokers was 30.4 per cent. Now if smoking had no effect, we would be likely to see the proportion of smokers having had "stomach trouble" to the non-smokers having had the same disorder to be the same as above, that is 30.4 per cent. Such, however, is anything but the case. The records show that of the boys having "nerve disorders," all, that is 100 per cent. were smokers. Of all having "stomach troubles" 71.4 per cent. were smokers. Perhaps this was caused by swallowing smoke and nicotine-laden saliva. Of those having typhoid-pneumonia, 50 per cent. were smokers and the same is true of appendicitis. Of all who had diphtheria, 38.5 per cent. were smokers, and of those having disorders in the naso-pharynx 37 per cent. were smokers. These percentages, you will note, are all larger than the legitimate proportion of 30.4 per cent. as noted above. It is only when we consider the common diseases of early childhood, which come before the "smoking age," that we find the proportion the one that Dr. Hirschfeld would expect, for it is exactly 30.4 per cent. as one would suppose.

\* \* \*

"PRESIDENT WILSON himself does not smoke. He does not even know a good cigar when he sees it."

The widely published communication that Mrs. Wilson sent to the press read: "I beg leave indignantly to deny that I approve of women smoking cigarets. I intensely dislike the cigaret-smoking habit—in fact, so strong is my feeling on the subject that my real danger lies in being unjust and unkind in my judgment of those who differ from me in this respect. Certainly no woman in our household ever has smoked, or ever will."



## A Remedy for the Tobacco Slave

**P**REVENTION, every one admits, is better than cure, but where prevention has come too late the following cure is said to be effective. Rinse the mouth with a solution of silver nitrate, one-fourth of one per cent. strength. An attempt to smoke after this is done will cause such a repugnance to the tobacco as to remove for a long time all desire to smoke.

Authorities for this statement are Kolomeitzer in the *Bulletin Medical*, 1907, and Dr. D. H. Kress, general secretary of the Anti-Cigarette League, who is applying this treatment to large numbers of smokers, young and old.

A still more simple means said to be very helpful is to slowly dissolve a strong peppermint drop or candy in the mouth as often as the craving for tobacco comes on.

\* \* \*

## Tobacco and Cancer of the Mouth.

**I** WOULD like to say a word about the causation of malignant disease of the mouth. Sarcoma, of the round or spindle cell type, is apparently congenital in origin, though long latent, and may best be cut out. Even so grave a case as I have shown you tonight of tonsil, pharyngeal, and cervical tissues has remained in perfect health for five years with no recurrence after incision. But carcinoma is always the result of irritation, either by a tooth, a dental plate, tartar, a pipe stem or tobacco.

The charge against nicotine is the most serious in the calendar. It is extremely rare to question a patient with advanced cancer of the mouth and not find that he has been a heavy smoker or has chewed tobacco. If the question is answered evasively, or if he admits only light use of tobacco, his wife will usually come to your rescue and say that he either puts in a little chewing tobacco when he rises and takes a little out when he goes to bed, or that he smokes pipes or cigars habitually. This close relation with nicotine was emphasized by Buttin and has been widely believed in.

I find complete corroboration in my own experience and have come to regard excessive and continuous use of nicotine as a great risk to susceptible tissues. It is usually after twenty or thirty years that the beginning of an epithelioma shows and insidiously advances.

Most often it starts either at the contact points of the pipe, or streams of hot smoke

on the tongue, or in the gutters where the nicotine lies in the mouth or where the quid rests between cheek and gums.

"Smoked tongue" is a legitimate name for this ill-starred malady. One of the most threatening epitheliomas of the gum which I was fortunate enough to cure by radium, was in a young lady who for years had been an inveterate smoker of cigarettes.

I have no desire to antagonize the social custom of smoking in moderation, but it is our duty to declare the menace of tobacco as a cause of most cancers of the mouth. When the first spot of leucoplakia comes it is wiser to stop the use of tobacco at once and forever.

Extract from article in Medical Record (March 15, 1913).

\* \* \*

## Cigarette Smoking Ban For the Soldiers

**E**FFORTS are being made in the English army to check cigaret smoking. It is reported that in all the eight commands of the army, the general officers are imposing more or less stringent regulations against this habit. The reports of the surgeons-general declare that the use of cigarettes, among young soldiers especially, gradually but quite perceptibly develops heart-trouble and that in the interest of the army as well as of the individual soldier the habit should be greatly checked.

The same story comes from recruiting officers. Colonel Leetham, late Chief Inspector of Recruiting in Manchester, has testified that perhaps a third of the rejections of the army in Lancashire might be attributed to smokers' heart. Dr. Scott, of Glasgow, stated in his evidence before the Committee on Physical Deterioration that scarcely two per cent. of cases of undergrowth have not been habitual cigaret smokers.

\* \* \*

## What Connie Mack Thinks of Cigarette Smoking

**I**T is my candid opinion, and I have watched very closely the last twelve years or more, that boys at the age of ten to fifteen who have continued smoking cigarettes do not as a rule amount to anything. They are unfitted in every way for any kind of work where brains are needed. No boy or man can expect to succeed in this world to a high position and continue the use of cigarettes.

## PENCIL AND NOTE-BOOK

SIGNOR CARUSO, in his new book, "How to Sing," says: "I advise all singers, particularly young singers, against the practice of cigaret smoking, which certainly can not fail to have a bad effect on the delicate lining of the throat, the vocal cords, and lungs."

\*

ANAEMIC SCHOOL CHILDREN.—Dr. A. E. Kidd, Chief Medical Officer of Dundee School Board, states that the majority of the anaemic school children noted were boys, 11.1 per cent. of all the boys examined as routine cases being found anaemic due, Dr. Kidd thinks, to the extensive practice of cigaret-smoking.

\*

HOW THEY BETRAY THEMSELVES. — Superintendent Ord, Procurator-Fiscal of Glasgow, says that the headmasters in the schools experience no difficulty in picking out boys who indulge in smoking. They know the victims of the habit from their listlessness and the stained fingers which result from handling cigarets.

It's the same in America. The master of one of the big Brooklyn schools recently told us he picked out every smoker in a strange school by the former test alone.

\*

NO IMPROVEMENT.—In a certain local store a lusty-lunged auctioneer was holding forth in flowing terms on the virtues of a particular brand of cigars he was endeavoring to induce his audience to purchase.

Holding up a box of cigars, he shouted, "You can't get better, gentlemen, I don't care where you go, you can't get better."

"No," came a cynical voice from the back of the crowd, "you can't. I smoked one last week, and I'm not better yet."

\*

DON'T BE A CUCUMBER.—"When I was a little boy," remarked an old gentleman, "somebody gave me a cucumber in a bottle. The neck of the bottle was small, and the cucumber so large that it wasn't possible for it to pass through, and I wondered how it got there. But out in the garden one day I came upon a bottle slipped over the little green fellow that was still on the vines, and then I understood. The cucumber had grown in the bottle. I often see

men with habits that I wonder any strong, sensible man could form; and then I think that likely they grew into them when they were young, and cannot slip out of them now; they are like the cucumber. Look out for such bottles, boys."—*Beacon Light*.

\*

THE STRENGTH OF NO.—President Taft, when he was Secretary, told some Washington friends his opinions on character-making. The yielding man is the weak man. Unbending and decisive and strong, like the word itself; is the man who on occasion can say "No." Says Mr. Taft: "The word that makes character is 'No.' The word 'No' counts far more in this world, works more wonderful results, than the word 'Yes' ever can. It is the man who can rightfully refuse and stick by his refusal, no matter what it costs him, who makes a character that is universally respected. I believe in the frequent and intelligent use of that short word. It is a hard word to become familiar with, but a valuable one."—*Exchange*.

\*

"THE BOYS ARE COMING ALONG." — "Thought you liked a good cigar!" said one business man to another protestingly, as the proffered courtesy was quietly declined. "When did you swear off? Find it hurt you?"

"No, smoking never hurt me that I know of," said the other, "and I like it as well as ever. But my boys are coming along, you know, and I got to looking at them and thinking about them the other day. I don't believe it's going to do *them* any good, and so I've quit. Can't very well talk against smoking with a cigar in my mouth!"

"Right you are!" said the first man thoughtfully. "There's more boys than your two 'coming along!'"—*Pilgrim Teacher*.

\*

A STRIKING EXPERIMENT.—A few days before the anti-narcotic lesson prepare three boxes or flower pots of sand and plant a half dozen beans in each. Moisten two of these with fresh water as often as they need it and the third with tobacco juice.\*

\* A piece of soft chewing tobacco as large as a walnut, in a glass of water makes a strong enough solution and lasts several days.



After the seeds have sprouted and the plants are an inch high begin to moisten a second box with tobacco juice instead of water. Pour the tobacco water upon the plant itself as well as upon the sand. It will be noticed that the seeds moistened with tobacco water come up much more slowly and perhaps only half of them come up at all and the plants are dwarfed and unnatural in color. When the thrifty plants are subjected to the tobacco juice they begin to change color and to look unhealthy. The younger the plant the greater the damage.—*School News*.

\* \* \*

### Is It Right

By PROF. WM. ARCH MCKEEVER,  
Lawrence, Kansas.

**O**FTEN a little defenseless child is compelled to inhale the poisonous tobacco fumes coming from the mouth of some careless smoker.

#### Is It Right?

Often the smoker passing along the street on a calm day leaves trailing behind for blocks a choking and sickening stench,

which innocent persons must breathe. They have no alternative.

#### Is It Right?

Tobacco smoking is naturally offensive and even disgusting to the majority of women. But many thousands of them are forced to endure and even to defend its abuse, in order to be pleasing to the men.

#### Is It Right?

Thousands of good men, non-smokers, are daily compelled to inhale tobacco fumes coming from the throats and nostrils of smokers. This offense is practiced in public places where all have an equal right to be and yet custom enjoins silent endurance from the victims.

#### Is It Right?

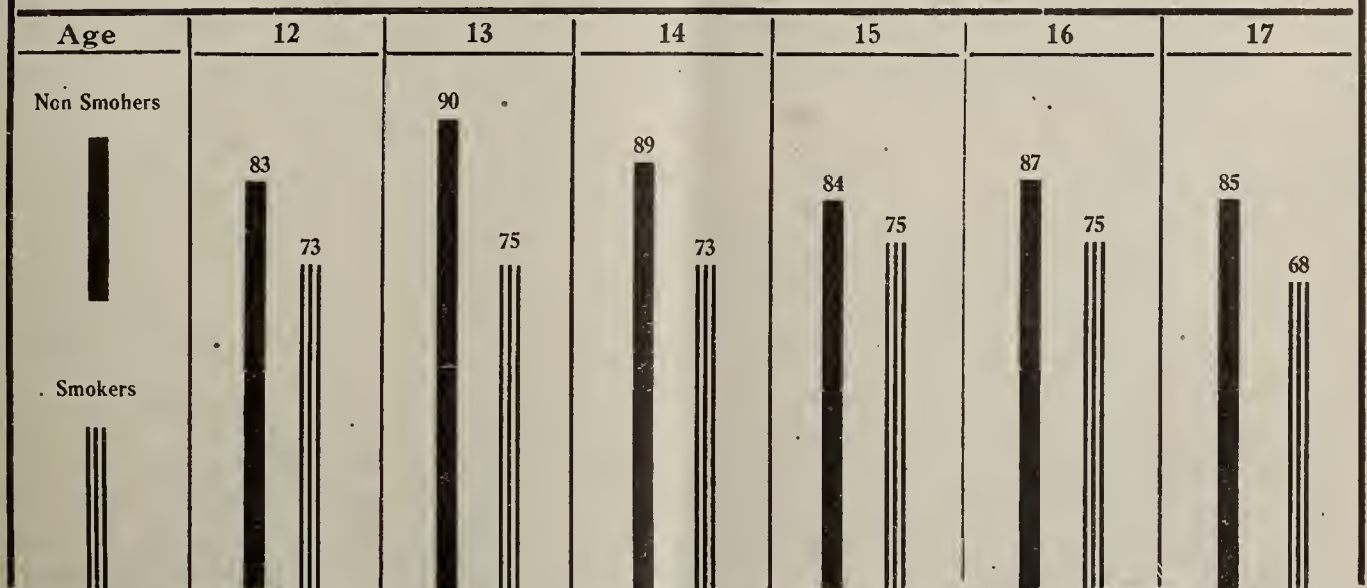
Through the power of the constant example of men smokers, thousands of small boys are being led to take up the tobacco habit before they are old enough to judge as to its merits or demerits, and thus themselves become offenders against the suffering sensibilities of the non-smokers.

(Reprinted by special permission from the author's poster, copies of which can be obtained from him at cost.)

## Tobacco and School Records

### Average Standing in Lessons and Conduct of

### Four Hundred Private School Boys



Observation of C. K. Taylor,  
Published in the  
Psychological Clinic, Vol. 7, 1913.

Chart prepared by the  
Scientific Temperance Federation

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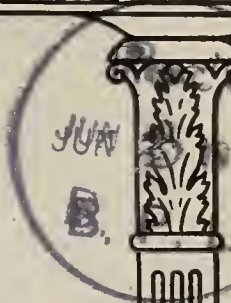

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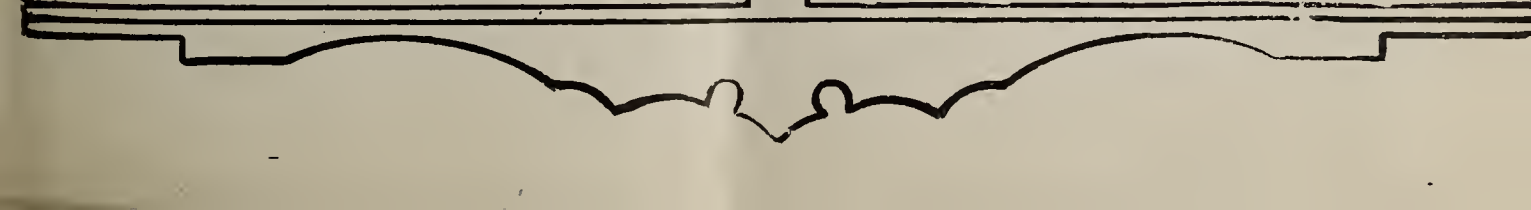

— *Continuing the* —  
SCHOOL PHYSIOLOGY JOURNAL

“To sin by silence, when we should protest,  
Makes cowards out of men.  
The human race has climbed on protest;  
Had no voice been raised against in-  
justice, ignorance and lust,  
The inquisition yet would serve the law,  
And guillotines decide our least disputes.  
The few who dare must speak and speak  
again  
To right the wrongs of many.”

—Ella Wheeler Wilcox.

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MAY, 1914



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# Scientific Temperance Journal

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BOSTON, MAY, 1914

No. 7

## An Ode to Perseverance

Say not, the struggle nought availeth,  
The labour and the wounds are vain,  
The enemy faints not, nor faileth,  
And as things have been, things remain.

For while the tired waves, vainly breaking,  
Seem here no painful inch to gain,  
Far back, through creeks and inlets making,  
Comes silent, flooding in, the man.

And not by eastern windows only,  
When daylight comes, comes in the light;  
In front, the sun climbs slow, how slowly,  
But westward, look, the land is bright.

—A. H. Clough.

\* \* \*

## An Investigation of the Alcohol Factor In Social Conditions

By GEORGE BLAICKLOCK

Barrister at Law.\*

HAVING undertaken at the request of the Committee of the National Temperance League, to conduct a special inquiry into the relation of alcoholic drinking with the social and economic evils which are being so widely discussed and deplored by all schools of social reformers, I prepared a syllabus indicating the ground to be covered by the Inquiry, which was approved by my colleagues.

The object of the Inquiry into the effects of alcoholism upon social conditions was to obtain evidence of a strictly scientific nature in regard to the causation of the undesirable and baneful elements in our social life. It was made with a view neither to defend nor to attack any theory or any school of social thought, but to obtain the actual facts in regard to each branch of the investigation.

The scope of the Inquiry included an endeavor to ascertain the results if any, of recent social legislation and administration, and whether the evils under investigation were increasing or decreasing. The branches of study embraced (1) the Child, at home, in the school and in employment; (2) The Adolescent, as regards "hooliganism," factory mortality and "blind-alley" employment; (3) Adults, covering the question of comparative wages and the standard of living of abstainers and drinkers respectively, the relation of intemperance to un-

employment, distinctive occupations, police-court convictions, female labor and unemployables, as well as the connection between environment and housing and sobriety.

The method of the Inquiry consisted of the collation of extracts from published and private reports from officials, public authorities, blue-books and other reports or authoritative works bearing upon the matters in question; evidence given *viva voce* to the Social Economics Committee in special interviews, or in letters and statements upon specific points, by specialists and expert authorities.

I confess I did not anticipate the many difficulties encountered in obtaining reliable data. In some quarters there would seem to be almost a conspiracy of silence in regard to the question of drink. Refusal to assist came from persons and organizations from whom one would naturally expect hearty co-operation, although all agreed as to the desirability and utility of such an investigation.

The impression made upon my mind as the results of my labors is that the costly machinery of government and municipal departments and the enormous energy and financial resources of voluntary agencies are devoted too exclusively to what one might describe as the ambulance departments of social service. It is impossible to do too much in the direction of relieving and curing, but I am satisfied that far too little attention and effort are being devoted to recognize, to minimize

Report of a Special Inquiry, for the Committee of the National Temperance League.

and to destroy the causes producing the mischief.

Take for example, the question of drinking in regard to evil social conditions. Every other avenue, chink and cranny of causation are explored by many reformers, but the potent liquor factor is too often ignored or referred to in the most casual manner. We are constantly hunting out and denouncing the economic gnats, but are too often oblivious of the alcoholic camels.

The reformer must follow where truth leads, and must face the facts, whether or not those facts harmonize with his particular theory. I have endeavored to get at the facts through this Inquiry, and such evidence as has been collated and obtained speaks for itself.

There is one great cause for thankfulness: bad as things are, the evidence obtained, in the main, shows that matters are improving, and that the horrors and mischiefs flowing from drinking, drunkenness and crime, immorality and poverty are slowly diminishing, although there has been a disquieting increase since 1910.

The effects of legislation in the various measures of social beneficence which have been passed in recent years, from the Children's Act to Old Age Pensions and National Insurance, the more humane administration of the law, the medical inspection of the school children, with the power to help by medicine, food and cleansing, the growing condemnation of the slum and increasing desire for better houses and healthier and prettier districts, the reduction in the number of liquor licenses, and, thanks to the efforts of temperance organizations, the increasing number of those who totally abstain from alcohol in all ranks of life, and increased temperance teaching and the growing anti-alcohol opinion and practice of the medical profession; all these influences are slowly improving social conditions.

To these social influences I must add the increasing sense of spiritual aspiration and moral responsibility shown by the growth of the Brotherhood and Adult School Movements; the work of the churches, the Salvation Army, the Church Army and other religious agencies by which "broken earthenware" is not only being mended, but the breaking is becoming proportionately less.

The growing passion for social reform renders it increasingly necessary that the facts in regard to the pathogenic, economic and social effects of alcohol should be more widely known and appreciated, especially its effect of deadening the sense of moral responsibility and arousing the baser sensual and animal nature, together with its narcotizing power over the desire for betterment, and its baneful influence in making men and women contented with a sordid and squalid environment and a low standard of life and comfort.

The aims and ideals of all schools of social reformers are in the main identical. We are working for the time when every individual shall have physical health, mental vigor, moral strength and spiritual life; when every toiler shall be able to earn and to have a living wage; when the masses, as well as the classes, shall be able to dwell in pleasant homes; when sordid ugliness shall give place to simple beauty, and squalid backyards shall blossom into pretty gardens; when the nation shall be a true commonwealth, strong, healthy, happy and free.

All must, therefore, unite and co-operate in recognizing and antagonizing every obstacle and every stumbling-block in the way of the upward march of democracy. The economist must deal with the mighty liquor factor, and the temperance man must recognize more fully that there are other evils besides drinking to be grappled with. There is room for each, while appreciating other points of view and sympathizing with special work on other lines than his own, to say of his special study, "This one thing I do."

The information obtained through this Inquiry under its various heads is of value and interest, and will, I hope, be helpful to all students of social science as well as to the temperance reformer. There is a mass of valuable information lying buried in blue-books and hidden away in various public reports which is too little known even to the student.

Nothing has impressed me more in the course of this Inquiry than the extent to which the evidence obtained might be usefully added to, were those most concerned, namely, the industrial classes themselves to engage in a similar investigation within their own borders.—*The National Temperance Quarterly*, Spring, 1914.



## Alcoholic Liquors In the Dance Halls

By MRS. JOSEPH T. BOWEN

President of the Juvenile Protective Association of Chicago.\*

THE Juvenile Protective Association made an investigation three years ago of the 328 dance halls in Chicago and have been investigating ever since. There are now about 328 licensed dance halls and about 100 not licensed—that is, small halls connected with saloons. This investigation revealed very clearly one fact, viz., that the dance halls of the city are not operated for the sake of the dancing but for the sale of liquor. The dances are very short, four or five minutes, and the intermissions long, fifteen to twenty minutes, thus giving ample opportunity for drinking. The proceeds from the sale of liquor at a big dance often amount to \$600 in one night. There is no chaperonage in these dance halls unless it is that of prostitutes and the dance hall proprietors.

It is very difficult to get a drink of water in many of the halls; in some places the windows are boarded up as if to superinduce thirst. The dust raised by the moving feet and swirling skirts arouses thirst and the young people are unable to find drinking water. The girl is induced to drink liquor, to which she is unaccustomed, and often knows nothing more until she awakens the next morning in a cheap lodging house, ruined and disgraced; for the road from the dance hall to the lodging house is a very short one and one made very easy by the dance hall proprietor. Out of the 328 dance halls investigated by the Juvenile Protective Association it was found that 240 sold liquor; 146 were selling liquor to minors; 187 were permitting immoral dancing and open embracing; 190 have saloons connected directly with them; 77 had disreputable lodging houses either connected with them or in the immediate vicinity, and while 202 policemen were found to be on duty only seventeen were attempting in any way to perform their duty.

The majority of the boys who attend these dance halls are between the ages of sixteen and twenty; the majority of the girls are between the ages of fourteen and eighteen. If an immigrant woman came to Chicago would she not have a right to

suppose that the dance halls licensed by the city and guarded by the city police were safe places for her children? And yet many a girl who enters these halls for the first time innocent comes away ruined and disgraced.

A few days ago I looked over eighty bastardy cases which were pending in the Court of Domestic Relations and I found that these eighty girls involved had been asked by the Juvenile Protective Association to what they owed their first misstep. Every girl out of the eighty, with the exception of one, said that she owed it to the dance halls, *because she had taken liquor* to which she was not accustomed. Many of these girls on finding themselves disgraced, are ashamed to go back home and frequently enter disreputable houses. These dance halls are the happy hunting grounds of the white slave trader. I know this to be the case because I have heard the stories of so many girls who have been ruined through them.

The reports of the Vice Commission, of Chicago, New York, Syracuse, Minneapolis and other large cities tell the same story. We have in Chicago an iniquity which seems to be peculiar to our city and that is the special bar permit. If a number of young men want to give a dance they form themselves into a so-called club. They rent a dance hall for the evening and they get the proprietor of the dance hall, who has a government license for which he pays \$25 a year, to go with them to the city hall where they take out this special bar permit which costs \$6, and which allows the sale of liquor from three o'clock in the afternoon to three the next morning. The saloons are obliged to close at one o'clock, and if there are any disreputable people who want liquor after that hour they go to the dance halls for it and it is between these hours of one and three a.m. that the danger to young people is most apparent.

When a man is running for alderman in the city of Chicago he is asked by the United Societies to sign a pledge which states that if he is elected to the City Council he will not interfere with "personal liberty"—that phrase so dear to the United Societies—nor will he try to en-

\* American Youth, April, 1914.

force the Blue Laws or the Sunday closing ordinance, nor yet try to do away with the Special Bar Permit. Some men who run for aldermen will not sign this pledge, but the majority, I am sorry to say, do sign it. Our city ordinance provided that no club shall take out more than six special bar permits in one year, yet the Juvenile Protective Association has evidence in several cases of more being taken out—one club was known to take out thirty-two! The ordinance also provides that every club shall be investigated, but this is not done.

We have a state law which provides that no minors shall be admitted in dance halls where liquor is sold, but this law is practically a dead letter and is seldom enforced. We should have a law providing that no liquor shall be sold in any

dance hall. Young people do not need liquor in order to have a good time. Detroit has recently passed an ordinance forbidding the sale of liquor in any place of amusement. In San Francisco they are trying the experiment of dancing on the streets, roping off a block where the pavement is good and providing chaperonage, lights, music, etc. The climate of San Francisco is adapted to this sort of thing more than that of Chicago, but I should very much like to see the experiment tried here in the summer months.

At any rate we should divorce the sale of liquor from the dance halls and until we have laws regulating these dance halls which nightly attract about 86,000 young people in Chicago, our boys and girls are going to be exposed to grave dangers which they cannot withstand.

\* \* \*

## A Temperance Campaign

By F. K. BROWN, Southwick, Mass.

### Our Project

**B**ACK-ROAD education of farmers whom neither literature, meetings nor any of the usual forms of activity could successfully reach. Personal canvass for "No" votes with something besides a handshake and moral suasion to offer. Something, especially, to make people "see" temperance issues in new and dramatic light. Especially a temperance campaign in which the churches could cordially federate—an item before impossible, under local conditions. A temperance and no-license campaign in which the campaigners could have a good time, for themselves.

### Our Outfit

A light express wagon. Twenty Scientific Temperance and home-made posters: Talking machine. Italian, Swedish, Polish and English talking machine records. Various dramatic representations of scientific temperance facts in the form of entertaining models, etc. The list included home-made material, such as a long "telescope" of pasteboard with "Alcohol Blurs Sight" visible when people take a peep; a fort used to demonstrate the fact that alcohol breaks down the white corpuscles of the blood and riddles the health (a bottle of whisky on wheels for the assaulting gun); an imitation black-jack to enforce a medical expert's suggestion that alcohol

affects the brain exactly as does a blow from the black-jack, etc., a pint bottle of whisky and a half-pint bottle of alcohol to give proportions. (This item made some of the drinkers stare and ask questions!) Also were included two quart bottles of alcohol to show how much alcohol was used internally in Bellevue Hospital in twenty thousand cases (an item I secured from The New Republic). In the early part of the week, when we arranged an exhibit on the sidewalk we had a free lunch counter on which, over an alcohol stove, which burnt the proportion of alcohol in so many glasses of beer and whisky (noted on a poster) we cooked free lunches of hot griddle cakes buttered and sugared. This was not used to enforce what some of the experts have had to say about the food properties of alcohol. In addition to these, we carried a good supply of scientific temperance and no-license literature and buttons for children.

### The Demonstration

It was mud time and farmers were found who were not only unwilling to leave their homes for meetings, but even reluctant to come to the front of their houses. Men were busy with their early spring work in the fields and orchards. Some had left orders not to be bothered by the temperance "thing."



We drove into fields, stopped in the middle of roads, backed into farm yards, up to back doors, sick-room windows—anywhere, where folks tried to dodge us.

The whole outfit and method was so “different” that prejudices had little chance when we got started. First would come a talking machine “concert” which wheedled women and children out. Then one of us would stand up in the seat behind the “portfolio” of posters (a wooden rack fastened to the seat and facing the rear of the wagon.) We had the posters arranged in cumulative, educational order, from the effects of slight doses of alcohol upon finger tips, through to its effects upon the race and society. The guinea pig poster,\* of course, made a big hit. This arrangement of the posters took very little room, and gave us a splendid chance to talk facts. The arrangement was somewhat like this—two posters on exhibit at one time—and the talking machine playing an obligato between the gaps, where the audience “had” to have its interest manufactured.

The man on the ground who ran the machine, then demonstrated the objects which were nailed in the wagon, in cumulative order—let the people handle the bottles, etc.—told funny stories, gossipped and “buttoned the children,” passed out the literature, canvassed the men for their votes and announced the “Alco Rally” to be held in the Town Hall the following Sunday. The time of a demonstration was hardly more than fifteen minutes. (Note.—We stiffened the posters by putting them on cardboard—this allowed them to be handled in a wind.

### Results

The idea came to us too late for more than four days of trial before election. Rain spoiled two of our days. But we were more than delighted by the responses we received. The people seemed to welcome the educational feature especially. Men who came to jeer remained to cheer. (Excuse the rhyme.) We backed up to a blacksmith’s doorway, expecting to be chased off, only to gather a crowd of fifteen men who gave us a quiet, appreciative ear. A train crew left work and stayed through.

In one yard, an Italian’s—a most un-

likely situation for temperance demonstration it seemed to me, for the man had, that morning, driven down to the village with a cart-load of empty beer kegs—through the diplomacy of our Italian music (patriotic army songs) the women folks came out, called the children, got curious about what we had covered up under the mud robe, asked what “Dem tings” were, pointing to the charts, and actually “made us” go through the demonstration. They called the “boss” from his work, a man of great influence among the Italians, and he came for a demonstration, and, in turn, demonstrated for us to his hired man, who could not ‘spik da Inglesia,’ and then almost toppled us over by saying, and having his word sworn to by his women, that he always voted “no” and would this year. The Italian women and the “boss” liked especially our Markmanship poster,\* and he laughed it into the “hired” man, who, it seems, could appreciate it, for he had just lost the champanionship of his regiment in Italy by having himself soaked in beer during the contest.

We entertained, educated and agitated, and all with very little oratory. In fact, oratory, with this outfit, is reduced to a subordinate position; a new situation in temperance campaigning, since the voice is usually overdone. What fun the Baptist minister and I had in it, too! We were invited out to dinner, romped with the children, did some pastoral work in out of the way communities, broke up the monotony of existence for lonesome folks. (In one place three women stayed by the exhibit over an hour, in a raw wind, just to hear the talking machine.)

### Value

It takes temperance everywhere! We actually reached folks. I would like to see a half dozen such outfits let loose in a city campaign, backing up to curbstones, parks, factory gates—anywhere where people are. Talk about “store exhibits”—they wouldn’t be in it for novelty and results. People are afraid of store exhibits—a campaign on wheels, like this, can go anywhere to dig out and demonstrate to an audience. Eighteen demonstrations a day—about seven hours’ work—in eighteen strategic places in a city—at fifty or sixty an audience—one thousand a day. It actually is the easiest publicity work I have ever done, and—*fun* besides.

\* Published by the Scientific Temperance Federation, Boston.

## The Effect of Alcohol on Vision

By E. L. TRANSEAU.

**T**ROUBLE with the eyes is not as frequent a result of alcoholism as are various other physical ills. But according to evidence gathered from several English and German sources such trouble may be due to alcohol or tobacco, or both, oftener than is supposed. The Press Circular of the German Abstaining Physician's Society says that a Silesian physician has described the case of a forester who became blind from some "unknown" cause. He could not see a finger held a foot and a half away, and had become a burden upon the local sick benefit club. After six months of abstinence in a drink-cure establishment he became so much better that he returned to his occupation of forester, and could even shoot wild fowl on the wing.

Another physician, Dr. Raab, of Nurnburg, has reported similar cases among young people. Glasses did them no good. Color blindness developed in those who had previously had normal vision. He attributed the trouble to alcohol. Uthoff in his time maintained that 52 per cent of all alcoholics suffered from disturbances of vision, a large part of which was failure of the color sense.

An article by Dr. Laqueur<sup>2</sup> on the effects of various poisons, including alcohol, upon the eye, shows that in acute alcohol poisoning there is an incomplete degree of paralysis of one or more muscles of the eye, which causes the familiar double vision of the intoxicated man. This symptom soon passes away without often causing chronic disorders of vision. The disturbances caused now and then by chronic alcoholism are the same as those resulting from tobaccoism.

These are:

1. A slight paleness of the papilla of the optic nerve, with no visible change in the outside appearance of the eye.
2. A diminution of the keenness of central vision while the outer regions of the field of vision remain normal.
3. In a small spot in or near the center of the field of vision there begins to be a loss of sensation to light. This loss gradually becomes total.

It can be assumed with certainty that alcohol, like tobacco, exerts its effects upon

a part of the eye which has very little resistance to these poisons.

Alcohol amblyopia may arise from any kind of alcoholic drinks, but is seldom observed before the fortieth year. It usually makes its appearance at a time when the patient is suffering from some other disturbance, particularly digestive. The resistance of the organism is then at a lower stage. This happens still more frequently in tobacco amblyopia. When one considers the enormous number of men who smoke and drink intemperately it must be admitted that amblyopia is relatively infrequent. The cases in the Strassburg eye clinic amount to not quite 2 per thousand.

In the report of the Lentorf hospital for the treatment of alcoholics 1906-7, Dr. Schenck<sup>3</sup> makes the following statement:

"I have had numerous opportunities of hearing from the patients admitted, complaints about disorders of vision. In many instances they have been able to notice after the withdrawal of alcohol a gradual improvement in sight so that they could use weaker glasses for the correction of their vision. These changes are without doubt connected with heavy drinking and must be set down as a paralysis which passes off after the withdrawal of the paralyzing poison.

Similar statements are made by the clinical assistant of the Royal Hospital for Eye Diseases in London, E. Manners Ridge.<sup>4</sup> The most important eye disease caused by alcohol which he observed was chronic catarrh of the connective tissue, and amblyopia due to paralysis of the eye muscles resulting from acute alcohol poisoning.

The prognosis for all these cases is favorable if the patient can be prevailed upon to give up the alcohol which has been the cause of the trouble. Total abstinence is an absolute necessity.

As heavy drinkers are often also heavy smokers it is often difficult to determine whether the amblyopia is due to alcohol or to tobacco. In such cases, of course, both poisons must be discontinued.

There is less alcohol amblyopia among women than among men, corresponding to the more extensive addiction to alcohol among men. Of 304 cases observed, only four were women.<sup>5</sup>



Dr. Solla in a lecture on "Various Forms of Alcohol Poisoning,"<sup>6</sup> says that with many persons under the effects of alcohol there is manifested in the pupil of the eye symptoms which physicians are accustomed to consider marked indications of mental disease. Contraction of the pupil to light takes place more slowly, not equally in both eyes, or there is a general inequality of the pupils which, after the effects of the alcohol pass off, assume their normal relations.

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### Noted By the Medical Journals

#### Alcohol Barred From the Navy

**A**LCOHOL as a beverage has been barred out of the United States Navy. Following the recommendation of Surgeon-General Braisted, the Secretary of the Navy, Josephus Daniels, has issued an executive order abolishing all alcoholic liquors from every ship and station of the navy. The order reads: "The use or introduction for drinking purposes, of alcoholic liquors on board any naval vessels, or within any naval yard or station, is strictly prohibited, and commanding officers will be held directly responsible for the enforcement of this order."

The significance and extent of the change which has taken place in popular views regarding alcohol, as indicated by this sweeping order of the Secretary (Navy) can be appreciated only when one recalls the stories of naval experiences of past generations, when rum, brandy and whisky formed a part of the regular official rations, when liquor of some kind was served as a routine procedure, to officers and men before going into action, and when one of the chief characteristics of sailors, whether officers or seamen, was their ability to dispose of an amazing quantity of intoxicants. The development of scientific methods and the use of instruments of precision in warfare have made alcohol absolutely detrimental to the modern naval man. Sea fights in the past were won by brute hardihood and physical endurance which could perhaps be stimulated, temporarily at least, by large doses of alcohol. The modern warship is a floating laboratory of delicate and accurate machines. The gun-pointer who directs a 14-inch rifle on the modern man-of-war needs not only personal courage, but also absolute steadiness of

Such disturbances occur usually in persons of nervous temperament who are susceptible to the effects of alcohol.

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3. Korr. f. d. deut. med., Presse. Apr., 1908.
4. Med. Temp. Rev. vol. XI. Nr. 4, p. 100.
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nerve, clearness of vision and fine muscular co-ordination. All these things modern physiology has shown to be impaired by even small amounts of alcohol. The engineer who superintends the machinery at the heart of the modern battleship, the man at the wheel who directs its course and the captain or the executive officer on the bridge, as well as the most humble member of the crew, need at all times to be in a condition of maximum physical and mental efficiency. Intoxication in the naval officer today might easily be as disastrous as cowardice and treason. Surgeon-General Braisted's recommendations and Secretary Daniel's order are simply in line with our growing knowledge. The nation needs on its battleships today the most capable, clear-headed, cool-brained and steady-handed men, and these men are not found among the habitual or occasional users of alcohol in any form. Entirely aside from moral or sentimental reasons, and considered simply as a scientific regulation in the interest of efficiency, this order will recommend itself to the vast majority of the American people.—Editorial in the *Journal Amer. Med. Assn.*, April 11, 1914.

#### Combined Dispensaries for Alcoholics and Lung Patients

The Hungarian Anti-Alcoholism League has begun action toward uniting the dispensaries for alcoholics and for lung patients with a view to reaping the following advantages:

1. A given locality would be better served if separate hours were assigned for the two purposes.

2. The same attending physicians could be employed for the institutions.

3. The systematic family care of the tuberculous patients would be more suc-

cessful through being carried on in conjunction with the alcoholic work.

4. The misery of the alcoholic family, its suffering, privations, bad food, unhealthful living and the overworking of the women and children often leads to tuberculosis, which could be effectively combated at the same time that alcoholism was being worked against.

5. A habitual drinker can be prevailed on to change his ways much more easily if he sees that the caretaking nurse deals also with other members of the family.

6. The mending of an alcoholic sometimes succeeds only if the nurse enlightens the drinker's wife in a corresponding manner.

7. The work of the caretaking women is well known to the magistrates and the leaders of the poverty committees, and therefore they obtain easier access to the alcoholic head of the family while he is at work. By reason of the direct observation of the families the nurses gain more experience.

8. Alcoholic and tuberculous families generally live near each other and thus the nurse loses little time in visiting both kinds of families.

#### The Regulation of Public Bars

It has been the custom in Hungary for bars to remain open the whole night, even on Sundays, and in most places barmaids are employed to serve the guests. Both these points have been severely criticized lately in *Antialcoholismus*, the official paper of the Good Templar branch. The articles were republished in the newspapers, with the result that about thirty members of parliament are proposing a new bill for the regulation of public bars. The chief purposes of the bill are the prohibition of female service after a certain hour of the night, and the closing of bars on Sundays.—Budapest correspondent of the *Jour. Am. Med. Ass'n.*, March 14, 1914.

#### A New Method of Anti-Alcohol Propaganda

In view of the elections to the Chamber of Deputies soon to be held, an anti-alcohol committee, just founded, named "Alarme" has organized a series of large public meetings in the principal cities of France. Various speakers selected from all political parties, all religious denominations and all professions, physicians, workmen, lawyers, members of parlia-

ment, economists, etc., are to be heard. The committee proposes to influence the candidate through the voters. It intends to show the peril which menaces the country and the absolute necessity of passing salutary laws, and will ask each of the voters to demand that the candidates of his own party shall promise to vote for these laws. The first meeting has been held in Bordeaux under the presidency of Professor Bergonie. Dr. Régis, clinical professor of mental diseases of the medical school of that city, reported the striking fact that of about 1,800 mentally abnormal persons now in the common schools of Bordeaux, at least 80 per cent are of alcoholic heredity.—Paris correspondent of the *Jour. Am. Med. Ass.*, Feb. 28, 1914.

#### Sale of Alcohol to Railway Employees Forbidden

The management of the state (France) railways has forbidden the sale of alcohol or alcoholic drinks to any one employed by the railways. Railway officers are asked to keep watch to prevent any employee leaving his work and going to a saloon during his working hours. A similar watch is recommended to prevent any one from bringing alcoholic drinks onto railway property.—Paris correspondent of the *Jour Am. Med. Ass.*, October 11, 1913.

The newspapers and the citizens of every community should awake to the fact that community health is a first principle of effective local government, and should adopt for their slogan, "Public Health is a Purchasable Commodity."—*Jour. Am. Med. Ass.*, Sept. 27, 1913.

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#### The Prevention of Cancer.

AT the Third International Conference for Cancer Research the question was asked whether any means existed for preventing or lessening the frequency of cancer. The president, Dr. Delaisieux, replied that the basic means of combating cancer would be a crusade against alcohol and tobacco.—*Massigkeits-Blatter*, Sept.-Oct., 1913.

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MANY women slide unconsciously into inebriety, and the much-advertised meat and medicated wines smooth for them the slippery path.—Dr. Whitehouse, Medical Officer of Health for Deptford, Dec., 1913.



## Wide World Notes

### From Italy

AS an outgrowth of the interest awakened by the recent International Congress held in Milan, a committee of pharmacists in Rome has recommended courses of education in hygiene, including particularly the dangers of alcoholism in the public schools and the institution of asylums for the care and cure of drunkards.

### From Belgium

In Belgium are four institutions for backward children, who are classified into three groups; educateable, semi-educateable, uneducateable. For the most part these children are the products of hereditary alcoholism or of syphilis.

At Merxplatz about 6,000 vagabonds are confined, and it is reported that from 5 to 6 per cent of them are alcoholics or the sons of alcoholics.—*Le Bien Social*; Sept., 1913.

### From Hungary.

Among the activities of the various temperance societies are lectures in the districts of the workmen's insurance clubs; the use of posters, among which is one warning against the greater danger of cholera among those who drink; and sanatoriums for the treatment of inebriates, in charge of competent physicians.

The workmen's insurance societies give financial support to the sanatoriums. The government makes yearly appropriation of 5,000 crowns to the abstinent societies.

### From England

In answer to the question, "Will you find room for temperance legislation in the near future?" Mr. Lloyd George, Chancellor of the Exchequer, replied: "The government is pledged to deal with this, in many ways the most important, in every way the most difficult, of the questions calling for legislative action. . . . When it has successfully piloted through the various measures now maturing it will tackle this overwhelming problem.

### From France

M. Debove, President of the French Anti-Alcoholism League and Permanent Secretary of the French Academy of Medicine, said recently at a meeting in Gand that chronic alcoholism has now, generally, taken the place of acute alcoholism. There are not so many men

drunk in the saloons, but more who indulge regularly in drink. The result of this slow poisoning is wretchedness not for the drinker alone but for the nearest kin, his wife and children.

The increase of insanity runs parallel with the spread of alcoholism. There are at present 80,000 confined insane in France, exclusive of the thousands of partially insane who are free to walk the streets. Most of these are the victims of alcoholism, and this is gradually getting to be the case in all parts of the world.—*Le Bien Social*, Nov., 1913.

### From Washington, D. C.

I believe that the greatest present menace to the American Indian is whisky. It does more to destroy his constitution and invite the ravages of disease than anything else. It does more to demoralize him as a man and frequently as a woman. It does more to make him an easy prey to the unscrupulous than everything else combined.

There is nothing that could induce me, since I have taken the oath of office as Commissioner of Indian Affairs, to touch a single drop of any sort of intoxicating liquor, and this regardless of my attitude on the Prohibition question.

It is my greatest desire that every employee in the Indian Service shall realize the tremendous importance of the liquor suppression work, and exert his best efforts and influence for the protection of the Indian from this, his worst enemy.—Cato Sells, Commissioner of Indian Affairs.

### From Russia

Alcoholism has become the nightmare of Russian life. It pervades all classes of population, destroying the industrial efficiency of the Russian workman, ruining the Russian peasant, sapping the strength of the Russian army. The percentage of rejections reaches as much as 70 and the general recruiting standard is lower than in Austria, France and Germany.

Count Sergius Witte, who introduced the government monopoly system when he was minister of finance (1893-1903) charges that instead of being used to suppress alcoholism as was designed it has been used to "pump the people's money into the government treasury." Drunkards, either already drunk or drinking right in the street, form an ordinary oc-

currence of our city life. They serve as an object for indifference on the part of the police, and for sport on the part of the children.

The words of the great statesman have aroused the Czar to action. He has declared that it is unjustifiable to enrich the public treasury by destroying the health and efficiency of the people and has commanded that other measures be found for furnishing revenue.

### From Uruguay

A special committee of the Uruguay Chamber of Deputies on the repression of alcoholism has reported recently a project which it is expected will be enacted into law in a more or less modified form. Its provisions prohibit the establishment of new liquor saloons, breweries and distilleries, but exempts the manufacture and sale of natural wines, and provides for the separation of bars from other branches of business within one year from its promulgation. No games, public sales, auctions, nor commercial transactions of any character will be allowed on the premises; and, after the termination of the present annual licenses, the sale of alcoholic drinks is

forbidden in public meeting places. Nor will bars be permitted within 200 meters (656 feet) of barracks, hospitals, university buildings and public schools; and the importation, manufacture, sale, storage and display of alcoholic drinks containing absinthe is forbidden. Existing drinking saloons will not be allowed to be sold, ceded, inherited, change owners, nor be improved; and the property will be expropriated on the death of the owner, 1 per cent of the receipts of the office of Public Assistance (Charities) being destined for such purpose. No liquor will be permitted to be sold to minors; and drinking saloons will be closed on the afternoons of Sundays and holidays, the Executive being authorized to close them on election days and during strikes and other abnormal times should the necessity arise. Infractions of this law will be punished by fines and, if repeated, the place is liable to be permanently closed. One of the most interesting features of the project is the provision for subsidies to temperance societies that provide lectures in schools and barracks against the use of alcoholic drinks.—("Daily Consular and Trade Reports.") Published in *The Brewers' Journal*, April 1, 1914.

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### Every Day Incidents

EVERY one who has approached mature years is to some extent familiar with the evil effects of alcoholic drinks. As I come in contact with the effects of the traffic in the daily affairs of a busy life involving the employment of labor and the management of houses, I am inclined to believe that any one who will encourage and commercialize the drink habit for mercenary gain, would do any thing for money if sanctioned and protected by civil law. If you think my indictment too harsh let me relate a page or two from my own experience and observation.

#### A Business Man's Observations

Mr. L., a highly skilled mechanic had been in my employ during the summer and autumn until two weeks ago when he failed for the first time to report for duty without leave of absence. A few days later his wife called to collect a few dollars due her husband for labor, saying it was all she had or had in view to support herself and family. On being pressed for

the cause of Mr. L's absence she reluctantly told me that he was in jail. He had come home under the influence of liquor, became violent and fearing for the safety of herself and four little boys, she called the police and now Mr. L. is serving out a thirty days' sentence at a loss of \$20 per week of which his family is sorely in need.

John R. has been in my employ off and on for eight years doing odd jobs as a common laborer. John's father left each of his three sons a quarter section of some of the most valuable farm land in Nebraska. John contracted the drink habit, became financially involved, sold his farm to his brother, now a wealthy farmer, for \$35 per acre; it is now worth \$135 or more. He dissipated the proceeds and sunk down to common labor and poverty. In conversation with Mrs. R., a bright intelligent, sympathetic woman, not long ago, she spoke of a neighbor's loss in the death of his wife and of his lonely hours unblest by near relatives, but added,



after a pause: "Death is not the worst trouble that enters a home."

Mr. and Mrs. S. were our next door neighbors and tenants for nine years. Mrs. S. was one of the most highly cultured women in the city. She was once a teacher in a well-known conservatory of music, had traveled extensively and, to add to her social prestige, had something of a fortune left her, and was sought on all social occasions.

Although a woman of correct habits, Mrs. S. was not opposed to Mr. S. taking a social glass now and then. He was, at that time a traveling salesman representing a leading dry goods house in another city and had for his field an entire state. We never referred to the drink habit except once when he said he could drink or he could let it alone. I told him I could do the same and chose the latter and gave him some reasons why. But Mr. S. chose the former and finally lost his power to let it alone and also his position. After a season of sobering off he secured a position with a house in this city but drink has won its victim and made a slave of him. More than once his firm was obliged to send a man out to hunt him up and bring him in. Now all is gone: fortune, position, his power to earn and his former manhood, and I think want is staring them in the face.—  
By a Correspondent.

### Saloon Fruit

A good mother of a family brought us one day at the infirmary her two children aged respectively seven and eight years and asked if we could not do something for the miserable little ones. The history of the case was very simple, and of daily occurrence.

The mother was married at fifteen years of age; her husband, at bottom an excellent man, was a model workman and had earned a good salary. At the corner of the street where he took the tramway each morning to his work was a saloon. The occasion was there and gradually he gave way to it; then at night also after the fatigue of the day, until he became an inveterate drinker.

The first children born of the marriage were very healthy. The oldest daughter, fifteen years of age, who accompanied her mother, was mother, in her turn, of a fat and healthy child.

In the degree that the father became al-

coholic, misery in the family increased. The children born during the period of alcoholism of the father were more and more rickety and sickly until the last two, who were shockingly abnormal. The next to the last was defective in intelligence, lazy, and vicious. The last was physically deformed and an idiot, vicious to the point which necessitated constant watchfulness to prevent his striking his brothers and sisters with anything he could lay hands on and even setting them on fire.

If I dwell somewhat at length on these two examples in the same family, it is because it shows plainly the deplorable results of alcoholism on the children and welfare of the family and on the other hand how the most frequent cause of alcoholism is the continual temptation to drink offered by the saloon on every corner in our cities.—Dr. Eugene Saint Jacques, in a letter to the president of the Public Social School, Montreal.

\* \* \* \*

### ALCOHOL HOUSING CONDITIONS

By HAROLD VALLON, M. D.

THE campaign against tuberculosis, which has been greatly strengthened by the sanatorium provisions of the National Insurance Act, is not likely to be entirely successful unless certain inquiries are made which will enable us to deal effectively with the predisposing causes of consumption.

Sanatorium, hospital, dispensary and domiciliary treatment, while doing a great deal to alleviate the sufferings of the majority of the consumptive patients, and in a fair percentage of the early cases producing a cure, is not capable of rooting out this terrible disease entirely. Those of us who have been engaged in this work for some time feel the necessity for knowing the actual predisposing causes, and how far each is responsible, in order that they may be removed.

I have investigated two predisposing causes of this disease—alcoholism and housing. I have chosen alcoholism as an indication of the habits of the people which can only be removed by education, and have endeavored to determine how far it can affect either the onset or the progression of tuberculosis, and housing conditions as one that can be remedied by the state.

The investigation is by no means com-

plete, and can be extended in other areas, when the whole of the results ascertained by different observers can be compared and useful statistics drawn up.

### I. Alcoholism

I have personally investigated 301 cases of tuberculosis in Bradford, including men, women and children.

Of 117 men, 33.33 per cent were drinkers; 40.17 per cent were moderate; 26.5 per cent were abstainers.

Of 100 women, 8 per cent were drinkers; 36 per cent were moderate; 56 per cent were abstainers.

Of 84 children, 100 per cent were abstainers.

Of these 84 children, in 7.14 per cent both parents were drinkers; in 22.61 per cent one of the parents was a drinker; in 29.75 per cent one or both parents were drinkers.

Dr. Crowley, in 1900, after a careful inquiry into the alcoholic habits of 62 adult male patients admitted into a Poor Law sanatorium for consumptives, including a considerable number above the "pauper" class, found that 43.6 per cent were heavy drinkers, 40.3 per cent moderate drinkers, and 16.1 per cent teetotalers. Friedrich, investigating 451 cases of phthisis, found that 133 were alcoholic—that is, 29.5 per cent. Dr. Villy, investigating 25 adult male cases of phthisis in his private practice, found that 40 per cent were drinkers.

Adding together these four sets of figures from independent investigators, it appears that of 655 adult male cases of consumption 209 were admittedly drinkers—a percentage of 31.9 per cent.

It is necessary to compare these figures with the drinking habits of the population in order to show whether there is a larger number of heavy drinkers amongst consumptives than in the normal population. This is an extremely difficult matter, and can only be estimated statistically, or by inquiries from a small proportion of the population (a sample population).

(a) A statistical estimation of drinkers in the United Kingdom, calculated by George Wilson, B.A., Secretary, United Kingdom Alliance, on figures given by Dr. Branthwaite, the Home Office Inspector under the Inebriates Acts in England and Wales, and made referable to Bradford, shows that 1.71 per cent males and 1.48

per cent females "drink more freely than is consistent with strict moderation, or are occasionally drunken."

(b) An estimate from a sample population was made in respect of 133 males (over 18 yrs.), including 23 male relief cases, 100 of the working class and 10 of slightly better positions, and 100 women.

Of 133 men, 10.53 per cent were admittedly drinkers; 68.4 per cent were moderate; 21.07 per cent were teetotalers.

Of 100 women, 2 per cent were heavy drinkers; 29 per cent were moderate drinkers; 69 per cent were teetotalers.

The figures of drinking habits of the sample population are much higher than those obtained by the statistical estimation; they have been taken from the same class of people as were those for the drinking habits of the consumptive patients.

It would appear that alcoholism is more prevalent amongst the male consumptive patients than amongst the normal male population, and it also appears to be in excess among the females.

It does not necessarily mean that alcohol, of itself, has a great deal to do with the onset or progression of consumption, but it does mean that alcoholism, with its associates—late hours, irregular feeding, the poverty which it may entail, the crowding together in ill-ventilated public houses where the best hygienic conditions do not obtain—has a considerable bearing on the consumptive question.

If alcoholic habits can be taken as an indication of the habits of consumptive patients of the poorer class, these figures point to the conclusion which I have held for some considerable time—that if consumption is to be eradicated the habits of a large number of the patients will have to be greatly improved.—*Brit. Med. Jour.*, Feb. 28, 1914.

\* \* \* \*

## The Right and the Wrong Way To Rest

By DR. NAUSS, *Bielefeld*, Germany.

THE best and most complete recuperation from mental or physical work is found in sleep. In fact continued loss of sleep must inevitably lead to death; but a reduction of sleep constitutes an injury to health. Repeated curtailment of sleep must in the long run most seriously impair the working ability of body and mind.



Through his own experiments and the investigations of his pupils, Prof. Verworn, of Bonn, has demonstrated that during narcosis, that is during stupefaction by alcohol, ether, chloroform and other narcotics, the living substance of the cell absorbs no oxygen, even when the need of oxygen has been raised to a high degree through previous labor or other excitation.

Verworn and his pupils have shown that the building up of living protoplasm, the replacing of the constituents that have been used up, for which oxygen is of prime importance, is hindered by narcotics, while the breaking down of the living substance, destruction, continues during narcosis.

Narcotizing with alcohol constitutes, therefore, a very serious encroachment upon one of the most important vital processes, the oxygen changes of the living substances of the cell. That this encroachment varies with the amount of alcohol taken, from a scarcely noticeable influence to a fatal stage of narcosis, is a fact only too well known to us all.

We do not yet know all the details of the influence of alcohol upon the organism, but we know from the physiological investigations of Verworn and from the psychological work of Kraepelin, that with reference to the most important functions of the brain, the influence of alcohol even in the smallest effective amounts, manifests itself from the first as a depressing, a paralyzing effect upon the living substance of the cells.

Verworn calls attention with much emphasis to the fact that sleep and narcosis are not interchangeable. In sleep the balance between building up and breaking down is restored; recuperation takes place. In narcosis, on the contrary, recuperation is hindered because the intake of oxygen is checked, or entirely suspended. When we employ artificial means for producing sleep, among which alcohol is a special favorite, we do not produce that which is characteristic and valuable in sleep, recuperation, but only a loss of consciousness which arises from entirely different conditions than the loss of consciousness in sleep.

While we must accept with resignation the fact that we do not yet know all the details of the influence of alcohol, we have still to be thankful to science for lifting the veil a little in so many places.

She has shown us that alcohol creates disorder in a number of conditions vital to cell activity, and how little one is justified in regarding it as a harmless component of the daily diet.—*Die Enthaltsamkeit*, July-August, 1912. Translated for the Scientific Temperance Federation.

\* \* \* \*

## Book Table

THE real drug fiend is not the poor victim to whom we have been applying the term, but the conscienceless drug-seller who makes victims of the unwary for the sake of the large and easy profits secured thereby. A writer in the *United Presbyterian* says that while China is being redeemed America is taking her place as the world's greatest market for habit-forming drugs. There is urgent need of warnings in fact and fiction against these drugs, and Jeanette Marks is to be credited with having produced in "Leviathan,"\* a story that furnishes a strong warning against the awful slavery of the drug habitue. If at any point the story is not quite true to life it must be in the happy ending rather than in the long struggle that preceded it. Let no girl think, as did the poor wife of this victim, that she can save a man by marrying him. Devotion failed and it was the doctor and the sanatorium that finally conquered; but not until after many wasted years.

\*

## Child Alcoholism

A FIVE year old boy with liver cirrhosis was reported in January by Dr. H. Januschke to the Vienna Society for Internal Medicine and Children's Diseases. At the time of his admission to the clinic, the child was suffering from general dropsy which was attributed to heart trouble, and which had been treated by the prescription of medicine for the heart. The abdominal dropsy due to the contraction of the liver, however, was not improved by this treatment. The serious condition of this child was due principally to the fact that for three years daily he had been given beer to drink.

This case, which is by no means an isolated instance, shows clearly how strong is still the prejudice in favor of alcohol.

\* LEVIATHAN, The Record of a Struggle and a Triumph, by Jeanette Marks, Hodder & Stoughton, New York, George H. Doran Co. \$1.35.

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(See paragraph under "Posters," this page.)	

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# SCIENTIFIC TEMPERANCE JOURNAL

— *Continuing the* —  
SCHOOL PHYSIOLOGY JOURNAL

THIS is the day of the sober man. Time was, and not very long ago, when the brilliant alcoholic could hold a job in almost any trade or profession. That time is past. Industry has come to realize that dependability is better than brilliancy and that brilliancy itself is more common with men of clear heads than with those whose brains are muddled with alcohol. — Editorial in *Chicago Inter-Ocean*.

*Published at—*  
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JUNE, 1914

# Scientific Temperance Journal

Founded by Mary H. Hunt

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postoffice at Boston, Mass., under the Act of March  
3, 1879.

## Miss Stoddard Still Ill

WE fully expected last month that this issue would go out with the Editor back at her desk, at least watching if not taking part in the general activities of the office. But it was not so to be.

Just as she was about to return, a very dangerous case of peritonitis with accompanying complications developed. For more than a week she was at death's door with doctors, nurses and family straining every nerve to keep the vital spark alive. She is not yet out of danger and is only beginning slowly to improve.

\*

## Announcement

AT the last meeting of the executive committee of the Scientific Temperance Federation it was voted to enlarge the JOURNAL to twice its present size, raise the subscription price to one dollar a year, and issue twelve numbers a year instead of ten as at present.

Old subscribers are to have the privilege of renewing at the old rate provided they accompany their renewals with a list of ten names of persons to whom sample copies may be sent.

Among the new features contemplated are contributions from original investigators on social and economic as well as physiological and psychological aspects of the alcohol question. More space will be given to the literature of the subject.

## New School Physiologies

WHSOEVER examines carefully and without prejudice the school physiologies that are issued from time to time sees how groundless are the charges that they are not as well in line with the latest scientific developments in their particular fields as are any other school text-books. Their adaptability to their purpose, the teaching of hygiene, is also a notable feature. In two recent books by Dr. Frank Overton\* this feature is well in evidence. One might wish that the author had drawn a little more sharply the difference between intemperance in eating, which does not involve a drug effect, and intemperance in drink, as the word is ordinarily understood, which is a result of a habit-forming drug.

The author's statement about alcohol being a stimulant might also be questioned, in view of the very general opinion to the contrary held at present. Otherwise his teaching in regard to alcohol and tobacco is good, strong and true. The books may be recommended as teaching practical hygiene in clear, precise language, with proper stress, in the upper grade book, on public sanitation.

\* Overton's Hygiene Series. By Frank Overton, A. M., M. D. American Book Company. "Personal Hygiene," Price 40 cents. "General Hygiene," 60 cts.

\* \*

## Alcohol and Heredity

By PROF. HANS BERGER, Jena.

TOWARD the end of the Eighteenth Century it began to be recognized that intemperance in parents was disastrous to the mental health of their children. That experience is now fully verified.

Alcoholism in the parents—in Germany it is the father particularly, although in many localities drinking is becoming fashionable among women—is one of the most ruinous factors in the health of their children, so that this and the mental strength also of the coming generation is unjustifiably injured. It has long been obvious as already stated, that weak-minded and idiotic children, or those disposed to convulsions are the frequent products of the marriage of drinkers, and exact statistical investigations have found that from 40 to 50 per cent. that is about half, of all the investigated feeble-minded, idiotic and epileptic children were de-

(Continued on page 114a.)



# Scientific Temperance Journal

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BOSTON, JUNE, 1914

No. 8

You, who are enlightened, self-sufficient, self-governed, endowed with gifts above your fellows, the world expects you to add to and not to subtract from its store of good, to build up and not to tear down, to ennoble and not to degrade. It commands you to take your place and to fight in the name and honor of chivalry against the powers of organized evil and of commercialized vice; against poverty, disease and death, which follow fast in the wake of sin and ignorance; against all the innumerable forces which are working to destroy the image of God in man, and unleash the passion of the beast.—*Dr. John Grier Hibben.*

\* \* \*

## The Matter of Scientific Caution

By E. L. TRANSEAU.

THE Scientific Temperance Federation has been pronounced guilty on three counts of practicing "unscientific methods:"

1. "Stating only one side of a case when facts on the other side were available."

2. "Presenting as facts things still open to question."

3. "Accepting statements without due scientific caution."

The judge in this matter is Dr. Edward Huntington Williams; the jury, the readers of the *New York Medical Record* (April 4, 1914).

A particular instance in which we stated only one side of a question, according to Dr. Williams, was when we printed in colors the Demme chart comparing the offspring of temperate and of intemperate families, without offering for comparison the findings of the Francis Galton Laboratory for National Eugenics, "made on a much more comprehensive scale, at a later date and under the direction of Prof. Karl Pearson, etc." This charge will be relished by all who have followed the discussions concerning the character of the Galton Laboratory "First Study of the Influence of Parental Alcoholism on the Physique and Ability of the Offspring."

It will be remembered (see SCIENTIFIC TEMPERANCE JOURNAL, Sept., 1910) that the Scientific Temperance Federation took the precaution of making a careful examination of all Prof. Pearson's data when his "Study" first came out, with the following result:

Prof. Pearson, or, Miss Elderton, his

assistant, whose name appears as author, took for the "Study" two sets of data: One the report on the condition of families in Manchester, England, that had one or more children in the Manchester institution for feeble-minded; the other, a report of the Charity Organization Society of Edinburgh, Scotland, concerning the condition of families in one of the slum districts of that city, as discovered by agents of the society whose business was visiting the families that appealed for charitable relief.

In the Manchester data the drinking habits of the parents of the feeble-minded children were classified only as temperate and intemperate. What the basis of the division was does not appear in any data available. The Edinburgh Charity Organization was considerably more definite. They classified their families under the heads of "teetotalers," "sober," "suspected to drink," "drinks," "has bouts of drinking." These five classes were merged into two by the Galton Laboratory workers and these two were labeled "Alcoholic" and "non-alcoholic."

The "non-alcoholic" included the "teetotalers," of whom there were only eighteen families out of 781, the "suspected to drink," and the "sober," those who in the opinion of employers, visitors and policemen did not drink more than was good for them or their homes.

(These definite figures concerning the number of families of each class, the Scientific Temperance Federation obtained, not from the Galton Laboratory report, but from the original report of the Edinburgh Charity Organization Society. That

society reported the "sober" families as numbering 225.)

#### WHICH WAS ALCOHOLIC AND WHICH WAS NON-ALCOHOLIC?

The Galton Laboratory arbitrarily classified the "sober," those which in the opinion of employers, policemen, etc., were not drinking too much) as "non-alcoholic" and used them for comparison with the more heavy drinkers. The Manchester temperate families were also labeled "non-alcoholic," and the intemperate families, "alcoholic."

Such was the data used in the Galton Laboratory First Study, which resulted in finding no marked differences between the children of their so-called alcoholic, and their so-called non-alcoholic parents.

Needless to say that the Scientific Temperance Federation did not accept such indefinite data as suitable for comparison with the investigation of Prof. Demme on the twenty families which were very carefully classified as temperate and intemperate and kept under his personal observation for eleven years, especially as other scientific researches along the same line correspond very closely with those of Prof. Demme.

The well-known study made in this country for the Committee of Fifty by Prof. Hodge, of Clark University, is one of these. His percentages of normal and of defective descendants from the two pairs of dogs, one pair of which received alcohol and the other none, corresponded very closely, as Prof. Hodge himself pointed out, with the results of Prof. Demme. Another study is that of Prof. Laitinen, of Helsingfors University, who made an investigation of the children in over 5,000 families, which families were classed as "abstainers," "moderate drinkers" and "immoderate drinkers." The "abstainers" were those that had never used alcohol, or at least not since marriage. The "moderate drinkers" were those parents that used no more than would correspond to one glass a day each of 4 per cent. beer. The "immoderate" were those who used more than this amount daily.

The difference between the children of Prof. Laitinen's "moderates" and "immoderates" comes very close to that of the Galton, "alcoholic" and "non-alcoholic." But Prof. Laitinen's "*abstainer's*" children show a marked superiority over

both the "moderate" and the "immoderate drinkers." Abstainers are of course the only truly non-alcoholic class, unless it be very occasional users or very temperate users whose habits are clearly defined.

A third research which confirms Dr. Demme's is the recent one of Dr. Stockard who compared the progeny of alcoholized and non-alcoholized guinea pigs and found the mortality of the descendants of the alcoholized parents far higher than that of the non-alcoholized.

Moreover, a large collection of observations made and reported by physicians and teachers of physicians on file in the library of the Federation goes to verify the findings of Professors Demme, Hodge, Stockard and Laitinen, and to render extremely questionable the findings from the Galton Laboratory.

Dr. Williams certainly attaches more importance to the Galton findings than he would or could have done if he had analyzed them and compared the results with those of other investigators.

On count three we are guilty of lack of scientific caution, "in accepting facts that clinicians would regard as probabilities or possibilities." Here again Dr. Williams overlooked the words "It was estimated" with which the paragraph he criticizes opens. The paragraph in question contained the estimate of Mr. Phelps that "30 per cent. of the deaths from Bright's disease is due directly or indirectly to alcohol."

He says further that "a physician would hesitate to use the term in point [Bright's disease] without explanation." But three physicians gave Mr. Phelps, an experienced actuary, the estimates of 30, 40 and 20 as the percentage of Bright's disease, distinct from other forms of kidney disease, due directly or indirectly to alcohol.

Surely the Scientific Temperance Federation had as much scientific justification in "accepting" this *estimate* and publishing it as such, clearly labeled, as had Mr Edward Bunnell Phelps.

Dr. Williams says this is an example of "positive statements" showing "lack of scientific caution." But what of the lack of scientific caution in overlooking the distinct statements of the pamphlet that these figures were an estimate based on estimates.

The entire passage in the pamphlet,



"Alcohol in Every Day Life," page 22, reads:

"All the world was shocked when the news came that the splendid steamship Titanic had carried down to death 1,662 persons. Yet alcohol carries off 1,662 every nine days all the year round in the United States, 65,897 a year, *according to the estimate of Edward Bunnell Phelps* based on the *estimates* of medical directors of three of the large American life insurance companies.

"Drink's Toll in Special Diseases.—*It was estimated* that 10 to 12 per cent. of the deaths from tuberculosis are due wholly or partly to drink; 22 per cent. of the deaths from pneumonia, paralysis and apoplexy; 30 per cent. of the deaths from

Bright's diseases; 16 per cent. of the deaths from heart disease; 43 per cent. of the deaths from heat prostration, and, of course, all the deaths from alcoholism."

Dr. Williams thinks that the doll chart illustrating Dr. Sullivan's statistics, page 25 of "Alcohol in Every Day Life," represents too wide a difference between the death-rate of the children (under two years of age) of drinking mothers and those of sober mothers. He would compare these Sullivan death-rates with those of the Galton rates.

But why stop with the Galton rates, why not include a number of other investigations comparing the infantile death-rates in temperate and intemperate families?

#### INFANT MORTALITY IN FAMILIES CLASSED AS:

##### Galton:

(Slum or feeble-minded stock, no definite distinction between temperate and sober.).....	Intemperate	Sober	Abstainers
	33.8	26.5	No data

##### Sullivan:

55.	23.	No data
-----	-----	---------

##### Demme

(The temperate are designed as very temperate)	44.	8.2	No data
--	-----	-----	---------

##### Laitinen:

(Very definite classification.).....	32.	23.	13
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##### Jacquet:

(St. Antoine Hosp. France, S. T. J., May, 1913, p. 102.).....	61.22	18.41	No data
---	-------	-------	---------

##### Hodge:

(Animal exp.) .....	82.6	—	9.8
---------------------	------	---	-----

##### Stockard:

(Animal exp.) .....	78.1	—	0.0
---------------------	------	---	-----

Dr. Williams thinks the Galton report shows that the alcoholic mothers "evened up" by bearing more children. Various investigators have found that this "evening up" was the production of quantity at the expense of quality.

Dr. Schweighofer, who published an elaborate investigation on the subject of alcohol and degeneracy in Salzburg in 1912, brought out this feature very clear-

ly. He showed from a large number of statistics the normal interval of time between children in peasant classes, where no means are taken for the prevention of conception, and the effect upon the mother when this interval is shortened, as it often is when the father is a drinker. By this shortening the mother has less time for recuperation and this influence is added to that of the father's impairment in producing children of lowered vitality.

\* \* \*

### Industry Barring Drinkers From Promotion

March 19, 1914.

To Employees Carnegie Steel Company,  
Youngstown District.

Hereafter, all promotions of whatever character will be made only from the ranks of those who do not indulge in the use of intoxicating drink. The Heads of Departments and their Foremen will be expected to observe this rule in advancing their men.

Approved, A. C. Dinkey, Pres.,  
Carnegie Steel Company.

THOS. McDONALD, Gen'l. Supt.,  
Youngstown, O., District.

## The Secret of Success in Baseball

By CONNIE MACK.

WHEN CONNIE MACK was asked to explain the success of his team—the Athletics—directly after they had won the World's championship for the third time, he replied, after reflection:

"I have come to the conclusion that the continued 'class' shown by the Athletics can be put down—if you want it in a sentence, right over the plate—to *clean living and quick thinking*.

"And without the one you can't have the other—the quick thinking.

"Who puts the ball player out of the game? You would naturally say 'the umpire,' wouldn't you? Well, all the umpires together haven't put as many ball players out of the game as has Old Man Booze!"

"Now, don't get the wrong angle. Boozing is not common among the high-grade ball-players. It was common twenty years ago; but today it is rare in the majors—boozing. Keep in mind, though, that steady—'moderate'—drinking gets a ball player in the end just as sure as boozing. Alcohol slows a man down inevitably, and slowing down is the reason for the shelving of by far the majority of players. If you estimate a clever player's years in baseball at fifteen, why, 'moderate' drinking will cut off from three to five years—a third of his life on the diamond.

"I don't want to put this question of clean living on the basis of morals for one minute," explained Mack. "I'll leave preaching to the clergy—I do in dealing with my own players. But you ask me why the World's Champions have done so well. I have to answer: Because of the kind of lives they lead, and their consequent ability to think and act quickly in an emergency.

"It isn't a matter of morals to our club, but of human efficiency. And say—I wonder if we might not be further along in dealing with this drink question if we paid more attention to the net loss in human efficiency?"

"Have you any rules on the subject?" I asked.

"In our club we have no rules about the players' personal habits," answered Mack. "It is recognized that a major leaguer, with a career in front of him and really

big money in his pockets, must cut out all bad habits. For if he doesn't the pace becomes too hot for him—the competition for a regular position too fierce."

### WISE WAYS OF HELPING MEN.

"In thirteen seasons, our club has won five American League pennants and three World's Championships. Could anybody wonder why I am partial to clean living and quick thinking?"

"You say you have no rules about the players' personal habits?"

"Not a rule," said Mack, positively.

"Don't you ever discuss the subject?"

"Sure I do—in our morning talks. You know we have baseball talks every morning. Of course, the general idea is carefully to go over the points in the game of the day before, and also to plan for the day's battle. Well, I take every opportunity to discuss drinking. There will be days, you can see, when the last game requires no discussion, and when the coming game is with a team we know very well—in other words, we've got our plan of attack thoroughly worked out. So I switch from baseball to highballs."

"What do you hang it on—what's your angle of approach?"

"Maybe one thing, maybe another," said Mack. "Perhaps we've heard about certain members of the opposing team—perhaps we know some of the players have been making a night of it. Then I tell our boys it may not show today; it may possibly not show in their playing tomorrow; but it's sure to show the day after.

### GETTING HOLD OF A "WILD" PLAYER.

"How do you get hold of a player who is inclined to be wild? How do you appeal to him?"

"I make my appeal from four different sides," said Mack. "First, from the standpoint of the public—the people who pay their twenty-five, fifty, seventy-five cents or a dollar to see good baseball. They are entitled to see the player at his best—not slowed up by drink. Second, from the standpoint of the club—the player gets a good salary, for which he owes his best services. I say that the man who doesn't



do his best is dishonest with the club. The third appeal is from the standpoint of a man's fellow players—it isn't fair to the other members of the team to have one important part of the baseball machine going bad, as we say. Fourth, I put it straight to the man himself; tell him that he isn't honest with himself—that he isn't giving himself a fair chance. I find that in one of these four ways I can get to a man.

"Of course," explained Mack, "I don't single a man out and aim my remarks at him personally in the morning talk. I talk generally—vaguely, as far as the object of my remarks is concerned—but straight to the point. I shoot an arrow into the air—you know the rest. It generally strikes home."

#### HOW IT WORKS.

"What I'm going to tell you now happened at the time the Athletics hooked up with the Chicago Cubs for the World's Championship [1910]. I've said that our club has no regular rules. Somehow, because of reports about previous series, I was unnecessarily anxious. So I took the players into conference; reminded them how, in some former World's Series, the stories went about the circuit that the losing team had dissipated and hadn't played their best baseball.

"Then I told our boys that I, for one, did not want any such reports flying around later about the Athletics. It would be bad enough to lose the championship, I reminded them, without having a bundle of regrets to pester you. It's hard enough to lose to a better club, but to beat yourselves—say, that's another way of throwing away a game when you have it won.

"After this little talk on 'efficiency' every player promised abstinence. Of course, you understand that a number didn't need to—never touched it. . . .

"We cinched the world's title without drinks."

"Next season, when we played the Giants for the title, it wasn't necessary to put it on any ground other than the club's own experience. 'Total abstinence worked so well last year, why change to something different this year?' was my argument. Anyhow, every man promised willingly—and we beat the Giants.

"The following year—1912—three of my men didn't take care of themselves, and we lost the pennant. Somehow, I've

always thought it was our year to win it."

"How about last year—1913?"

Connie Mack smiled in unalloyed contentment. "Well, now I don't need to exact promises. At the banquet tendered the Athletics by the City Fathers in October, one of the best speeches, in my opinion, was made by Ira Thomas. Ira speaks as well as he knows how to catch, which is going some for the man who out-caught King and Archer and made 'Chief' Meyers look to his laurels.

"'We don't look up to Connie Mack as a manager,' said Ira, 'but as a father.' Then he went on to give his idea of the Athletics—first as a ball club, but more especially as men. He told those present that not a man on the 'hundred-thousand-dollar infield,' as it is popularly called, had 'ever known the taste of liquor,' and that a team of nine first-string men could be put in the field not one of whom had ever taken a drink! Taken in conjunction with his first remark, I felt highly pleased about it. It meant not only success, but the right kind of success, as I look at it.

"How does it happen," I asked, "that you have so many men who, as Thomas said, have 'never known the taste of liquor?' Does it mean the survival of the fittest, or does it mean that you prefer the abstemious player?"

"Both," replied Mack. "Five years ago I would take a man who drank, provided I thought I could handle him—and gradually break him of the habit. Now I wouldn't bother with a youngster who drinks. That's my fixed policy—I have changed."

"On account of age?"

"No—wisdom! I've proved up, to my own satisfaction, this business of clean living and quick thinking. It's the stuff champions are made of."

\*

### Christian Citizenship and Drink

By BISHOP LAWRENCE.

**B**EFORE the diocesan convention of Trinity Church, Boston, April 29. Bishop Lawrence after quoting from the report of the Commission to investigate drunkenness in Massachusetts, added these ringing words:

"Can any citizen of this commonwealth, much less any member of Christ's church listen to such an indictment and hear the sobs of women and children without a start of alarm, of remorse, of questioning.

'What am I doing? What can I do?'

"1. The time has passed when any intelligent person claims that drink makes a man more efficient, more able, a better soldier or sailor, a better athlete, a better anything, unless it be for the time a boon companion. Industrial efficiency is driving the drinking man, even the rather moderate drinking man, to the wall.

"2. Drink, and that not to excess but habitual, gradually disintegrates the physical, nerve and moral fibre; the resisting power, whether against disease or temptation weakens, and what is more tragic, the sons and daughters reveal the father's rather loose habits of cocktails, champagne and whisky in weakened bodies and more or less degenerate systems. Of course there are apparent exceptions, but the general facts stand and the exceptions are more apparent than real.

"3. Every public-spirited citizen, every parent, every man and woman who cares for his fellowmen and women, every son and daughter of the Church of Christ will have this terrible scourge of society of which he is a part upon his conscience, and will in his personal habits and his public duty govern himself accordingly."

\* \* \*

### John Barleycorn, alias "Jimmy Valentine."

By DR. ROCK SLEYSER, Waupun, Wis.

U SING the literal sense of the word, I know the accused only as "Jimmie Valentine." I shall testify against him only under that name. During my experience as a prison physician and as a superintendent of a hospital for criminal insane I have known and studied about eighteen hundred criminals.

The evidence I present is taken from the lives of five hundred and ninety-two of these men. This means that in only a third of the cases have I been able to corroborate the prisoners' statement from outside sources or have considered his information sufficiently reliable to accept for statistical purposes.

Here are the figures for 592 cases:

Of this number 217, or 36.8 per cent. were the sons of drunken fathers.

Of this number 239, or 40.4 per cent. were addicted to the use of alcohol before reaching the age of fifteen.

Of this number 311, or 52.5 per cent. habitually drank to excess.

Of this number but 57, or 9.6 per cent. were abstainers.

Of this number 384, or 64.9 per cent. spent their evenings in saloons, at cheap shows or on the streets. Of these attractions the saloon was the best drawing-card.

I have recently reported on a separate study of 269 murders. Let us see how many of these men were acquainted with the defendant. "Alcohol was used to excess by 41.5 per cent. while but 12.6 per cent. were abstainers. Nearly half were under the influence of alcohol when the crimes were committed!

It would appear to some that John Barleycorn was an accomplice in these crimes! I do not know that he has been punished or even tried for the part he has played. Possibly he can find a grain of comfort in my conclusions, for I mean to be fair.

Temporary drunkenness, which inflames the passions, obscures the mental and moral faculties, and destroys the judgment, may transform an honest, peaceable individual into a rowdy, a murderer, or a thief. The prolonged use of alcohol leads to degeneracy and will undo the breeding of centuries, and wipe out the inhibitions it has taken centuries of civilization to build. Excessive indulgence results in lessened earning capacity, a low moral sense and an appetite for alcohol that must sometimes be satisfied at any cost. It degenerates the normal and makes short work of the subnormal.

But granting all this, it is hardly fair to charge all crime to the said Barleycorn. A very near relative of his whom I have just mentioned is at once father, brother and son. The two go hand in hand. Alcohol and degeneracy are unquestionably the two most important factors in the vice and crime problem. Alcohol leads to degeneracy and degeneracy to alcohol. John Barleycorn is part of a vicious circle!

You ask, "What is the right way to settle it?" The answer is plain. What does society do with any other offender? *Lock him up!* First, however, it will be necessary to continue and carry on a campaign of education. Public sentiment, through understanding, must be back of any reform in this direction, lest John Barleycorn be regarded as a martyr.

*Show him up.*—From *Everybody's Magazine* (June, 1914).



## Measured By Results

By E. L. TRANSEAU.

IN the *Survey* of April 18, Dr. Edward Huntington Williams, of Montclair, New Jersey, condemns temperance teaching in the schools because, he says, it has not produced results.

The only result he seems to look for is a decreased consumption of alcoholic liquors, and this, he charges, has not been secured.

It will be found, however, on consulting the United States Statistical Abstract, that the highest per capita consumption of all alcoholic liquors was reached seven years ago, in 1907, and that since that date, with the exception of 1911, when the rate was the same, there has been a falling off.

But when we compare by years the per capita consumption of alcoholic liquors with the numbers of immigrants arriving, we see a parallel that is a strong indication of what offsets our agitation against alcoholism, so far as per capita consumption goes. The following table goes to show that the rate is kept high not by those we have educated but by those who come to us without this education.

Year	Total No. of Immigrants arriving	Per capita consumption of alcoholic liquors
1896	343,267	17.12
1897	230,832	16.50
1898	229,299	17.37
1899	311,715	16.82
1900	448,572	17.76
1901	487,918	17.65
1902	648,743	19.14
1903	857,046	19.57
1904	812,870	19.87
1905	1,026,499	19.85
1906	1,100,735	21.55
1907	1,285,349	22.79
1908	782,870	22.22
1909	751,786	21.06
1910	1,041,570	22.19
1911	878,587	22.79
1912	838,172	21.98

Further indications on this point are furnished by an investigation by Mr. E. H. Cherrington showing that the foreign-born population of the nine Prohibition states averages only 4 per cent. and that of the seventeen near-Prohibition states only 8 per cent.; while the thirteen partially-license states have 18 per cent., and the

nine strongly license states have 22 per cent. of foreign-born people.

When we consider further that a very large proportion of our foreign-born people are single young men, away from home, with little knowledge of the language, unable to enjoy high class entertainments, employed in exhausting and thirst-producing labor, with more money than they have been accustomed to handling, that the customs and prejudices of the home land favor drinking and that saloons lie in wait to entertain and entrap them, the probability that the foreign-born population is an important factor in keeping up the per capita consumption of alcohol is still further strengthened.

### SIGNIFICANT RESULTS.

Results of the activity of the forces now fighting alcoholism, and very significant ones, are to be seen, however, in other directions than the per capita consumption of alcohol.

Here is a list, for instance, of the names of 141 newspapers, representing at least thirty-three different states, and forty-four magazines, including many of the leading and most popular ones, that refuse liquor advertisement.

One of the best-known magazines has just offered prizes for articles on "Rum" because of the "constant stream" of matter on the subject flowing over the editor's desk, showing that the question is a very *live* issue.

In one of the magazines is the report of an interview with Connie Mack in which he said that he would no longer take upon his team a young man who was not an abstainer.

In over two hundred colleges and universities Prohibition leagues have been organized, with members actively at work studying the alcohol question, preparing orations, and taking engagements for outside lecture work.

These young men, it will be remembered, have come up through the schools that were required by law to give instruction on the nature and effects of alcohol. Their present attitude does not look as if the instruction they received in the schools made them "skeptical as to the whole matter," as Dr. Williams cites from ex-President Taft.

Resolutions are being passed by various denominational bodies and conventions of various kinds, even by a chamber of commerce, state legislatures and political parties, endorsing the submission of a national constitutional Prohibition amendment to the voters of the United States.

Railroads have gone even further than requiring abstinence of their employees, and have issued orders prohibiting the sale of alcoholic liquors to passengers on trains.

Alcoholic liquors are now barred from both the army and navy of the United States, and the leading medical journal of the country, *Journal of the American Medical Association*, in commenting on Secretary Daniels' Prohibition order, said:

"Surgeon-General Braisted's recommendation and Secretary Daniels' order are simply in line with our growing knowledge."

Three years ago nearly a hundred American medical men, college presidents and professors signed a petition addressed to the citizens of Maine asking them to retain their prohibitory law.

Three years ago the Young People's Society of Christian Endeavor, nearly 100,000 strong, voted at their annual convention to dedicate themselves to securing a saloonless nation by 1920.

What is all of this "stirring in the mulberry trees," if not the sound of results; that is, of a public opinion that is preparing to deal with the subject of alcoholic liquors in accordance with its cumulative knowledge?

#### ALCOHOL CAUSED DISEASE.

Dr. Williams may have found figures to justify his assertion that alcohol-caused disease appears to be increasing, but on the other hand, the United States Mortality statistics show that deaths from *alcoholism* and *liver cirrhosis*, the two most pronounced alcoholic diseases, have been on the decrease since 1905. Death-rates from certain nervous diseases in which alcoholism may be a factor have also decreased during the same period.

#### INSTRUCTION IN THE SCHOOLS.

The chief part of Dr. Williams' article in the *Survey* is devoted to condemnation of the temperance instruction in the schools. He brings up again the report of the Committee of Fifty, whose experimental work, it will be remembered, re-

sulted in findings that supported the fundamental teachings of the school text-books, such as: Alcohol is not an aid to digestion; is not a stimulant; is not an aid to brain or muscle work; is a fertile cause of diseased organs, of checked growth, of weakened resistance to disease, of hereditary taint. All these points were verified by the experiments reported by the physiological sub-committee of the Committee of Fifty.

It will also be remembered that while little publicity was given to these results, much was said about Prof. Atwater's findings in regard to the oxidation of alcohol in the body; that while one school of physicians interpreted food as any substance oxidized in the body, without regard to its harmful results, another large class narrowed the definition of true foods to those whose nature is to nourish without harming, and these, of course, did not include alcohol.

Dr. Williams remembers, or finds in the Committee of Fifty's report, that more than sixty attendants at the International Physiological Congress in 1898 signed a statement implying that alcohol when oxidized in the body "supplies energy like common articles of food," and that "it is incorrect to designate it as a poison, that is, a substance that can only do harm and never good to the body." Without discussing here this much-debated point, it is only fair to call attention to the fact that Dr. Williams forgets or has not discovered that over seven hundred physicians in Europe and America who have also "proved their right to a hearing" subsequently signed a statement which unconditionally asserted that alcohol is a poison and not a food.

As these facts became known, confidence in the teaching of the school text-books gradually recovered from the attacks made upon it in one chapter of the Committee of Fifty's report. This confidence was further strengthened by the report of a committee in 1906 appointed by the American Academy of Medicine in 1903 to investigate the teaching of hygiene in the public schools.

This report showed that this line of scientific literature had not remained stationary, but reflected scientific progress like other literature of its kind that is of any value; that it was keeping pace with



the advancement of research in its respective fields.

New books have been issued at frequent intervals, and probably not one book could be found that has not had in its preparation the careful co-operation of one or more physician or trained scientist beside the author.

The errors that often arise from drawing inferences at second and third hand are well illustrated by Dr. Williams' remark that when Prof. Kronecker of Berne "examined our school system" he "was impressed," or as he himself says, "I was quite shocked when I read that in the primary and middle grades every child from six to seventeen years is instructed two hundred and fifty hours in the physiology of alcohol.

Prof. Kronecker "read" this, not when "examining our school systems," for there is nothing of the kind in any school system in the United States; but in a letter written him by the Committee of Fifty in which this misrepresentation was, unwittingly, of course, made to him. No law required any definite amount of time given to the study of physiology; only a minimum number of *lessons*, the duration of which is left to the teacher. Further, no law, and certainly not the New York law which Dr. Williams quotes only in part, requires that pupils must devote even 250 lessons, much less "250 hours, to studying the effects of alcohol and other narcotics." This number of lessons was the requirement for the whole study of physiology and hygiene, of which the effects of alcohol and other narcotics constituted only a fractional part, in most of the books only one-fifth.

Prof. Kronecker would never have made such a comment as the one quoted from him but for this letter which the Committee of Fifty sent to him and to a number of European physicians to obtain opinions with which to combat the school temperance teaching. This instance, with some of their criticisms of the subject matter in the books shows that they were not as well prepared as they thought for criticizing the system.

Public knowledge of these mistakes made by the Committee of Fifty helped to weaken the force of their attack.

Anyone who is sufficiently interested to give careful examination to the matter will find that Dr. Williams' other charges

against the books are as distorted as those here mentioned. The limits of space and the general reader's interest in the details that a reply to each charge would necessitate make it inadvisable to extend further comment upon them.

As a whole, Dr. Williams' article shows a disposition to spoil rather than to aid the great opportunity furnished by our nation-wide temperance education laws for the prevention of alcoholism through the instruction of the young in established truths concerning the nature and effects of alcoholic drinks.

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### Did It Pay

"GOING South one spring," said Connie Mack, "I took a fancy to a youngster who was to be tried out. I liked his looks and I liked his line of talk—above all, I liked his high spirits. Seemed to me that he would be there fighting all the time—never down in the mouth and ready to quit. So, having taken such a fancy to him, I began to pry into his private life a little, but in such a way as to make him see that I was—you know—really interested in him, not merely curious about his own affairs. Quite casually, as I might have asked him if he liked to go to the theater, I inquired if he drank."

"Well, that young fellow was frank and above board about it. Said he took a drink once in a while—a glass of beer occasionally, sometimes a whisky; but almost always he drank to be sociable—to be a 'good fellow.'

"Do you ever go a while without drinking?" I asked him.

"Sure!" he exclaimed. "Sometimes I go two weeks or a month without taking a drink."

"Don't you miss it?" I asked him.

"Not a bit! Never miss it at all."

"I kept quiet a few minutes. Then I came at the youngster this way: 'Of course, I understand—I know your drinking doesn't amount to anything. But if anybody was to ask me about you, of course I couldn't ring in exceptions—I'd have to say you drink.' Here I stopped—to let it sink in: then I went on.

"Now, so long as you don't miss it when you're not taking it, if I were you I'd think it over and decide whether the drinking is worth classing yourself with

those who do drink—with those who can't get along without the stuff.'

"Say—in two days that youngster came to me and said:

"'Mr. Mack, if anybody asks you whether I drink, you tell 'em I don't—for *I do not drink.*'"

"Perhaps there's something like a tip in that," commented Mack. "Any business man who has to handle men can take it for what it's worth. I haven't any patent on it, although it's my method."

\* \* \*

"**I** HAVE had my own troubles," admitted Connie Mack; "players who broke over the traces—got to drinking hard and wouldn't pull up. Right here," cautioned Mack, "I want to be very general. Aren't there fake names in law, such as John Doe and Richard Roe?" he asked.

The reporter nodded.

"Well, once on a time, as the story books would say," began Mack, "there was a baseball manager with a club that was expected to win a pennant. He had two stars—Jone Doe and Richard Roe. Richard was lacking in will power, but John wasn't. The trouble about John was that he thought he had arrived at the top of his profession. There was nothing further for him, no greater honor in baseball. He certainly was satisfied with himself.

"John and Richard got to boozing during the winter, and kept it up after the baseball season was under way. The manager talked drinking to the squad, and to the two men, taking them one at a time. But it didn't seem to have the slightest effect on them. They appeared to be hardened.

"The manager wanted to win that pennant—wanted to win bad. So he went along, putting up with the misconduct of the two stars, trying to brace them up and hoping that matters would change—that every man on the team would come to play his best ball. The manager didn't give up that pennant until he knew there wasn't the slightest chance. But about six weeks before the close of the season it was dead certain that the flag was lost. The two recalcitrant stars were still misbehaving. So the manager called John Doe and Richard Roe up to his room at the hotel—the team was on the road—and told them to pack up and go home; that they weren't helping the club, but were

holding it back; that they weren't any good to anybody, least of all to themselves.

"John and Richard went home. After the season was over—the pennant lost—they came to see the manager. By this time they had got some sense in their heads. John Doe, who had thought himself so high up, found that he was falling off that perch—that not only his prospects but the reputation he had made as a great player were on the wane. Richard saw that his means of livelihood was going glimmering. They were pretty badly scared—and they wouldn't have faced their manager if they hadn't been in need of money.

"Well, the manager went at them hard. He didn't only tell them they mustn't drink when the season was on—he told them they had to stop immediately. He impressed on John and Richard that they would get no contract with the club if they hadn't cut out booze altogether before the season opened. You wouldn't think—now, would you?—that men who couldn't or wouldn't stop drinking in mid-season would stop absolutely after the season was over? But they did. John and Richard pulled up short. When the next season opened they were in A-1 condition, having fine constitutions. And they played great ball for the club.

"Another thing: after their 'come-back' they began to be careful with their money. And say—the player who saves his money is the player who doesn't drink, every time!

"Before we drop the story, let me tell you another important thing John and Richard learned in their experience. When they were going wild, they thought that their friends were those who would take them out and treat them—give them what they then called a 'good time.' But they came to see that these so-called friends were those who stripped them of everything, down to the means of making a living. It's a good thing to find out who your friends are."—McClure's.

\* \* \*

### When Emotion Takes a Hand

**I**N a Pennsylvania newspaper we read: "The strong anti-liquor sentiment which has closed saloon after saloon in southeastern Pennsylvania in the last few months, and driven county liquor rings to the wall, was manifest almost



constantly at the meetings incident to the one hundred twenty-seventh Philadelphia conference of the Methodist Episcopal church here today."

Pictures of the growth and manifestations of this sentiment are increasing in interest.

The ground for an awakening of this kind has been preparing in Pennsylvania for many years. That state was one of the early states to pass a temperance education law. She had a sympathetic superintendent of Public Instruction and the law was well enforced.

The Friends, a strong element in the population, have always been in hearty sympathy with the extension of knowledge concerning alcoholism. From the headquarters of the Temperance Committee of the Presbyterian church in the west, and the publication headquarters of other denominational bodies in the east, have gone out strong influences against drink for the state as well as for the nation.

Other influences, associated with the industrial conditions of the state have worked in opposition to these and have been skilfully manipulated by the liquor interests and politicians for the prevention of restrictive liquor legislation.

But now comes in the electrifying force of emotion, and a conflagration is kindled to "fight booze."

Two powerful evangelists have aroused the consciences of the people. Emotion strengthened and guided by proceeding knowledge of facts is stirring to decisive action.

Thus we read of audiences of from one to three thousand rising as one man to express their determination "to fight booze;" of overflow meetings of thousands outside unable to gain admission; of traveling salesmen who have heard the famous "booze sermon" in one town traveling to another to hear it again; of mill girls gathering at a church at 6:15 in the morning, three quarters of an hour before the mills open, to attend the evangelistic services; of students holding prayer meetings after school hours.

From these meetings thousands go out pledged "to fight booze," to vote against politicians leagued with the liquor dealers, to remonstrate against the granting of licenses.

Emotion is a mighty force for progress when guided by adequate knowledge; a dangerous force when the expression of

ignorance, and an unreliable force when founded on insufficient or mistaken opinions.

The natural, logical order for a movement that makes strides toward progress are first knowledge of the truth; second aroused emotion or the impelling desire to act in accordance with that truth; third, history. Emotional appeals have always had their place, an important place in making history, and they are now helping to make history in Pennsylvania.

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## Contents of Volume XXIII

September, 1913—June, 1914.

### CHARTS AND CUTS.

Accidents Decreased as Drinking Decreased.....	76a
Alcohol Impairs Efficiency .....	12a
Alcoholism and Crime .....	88a
Alcoholism and Precision of Measurements by the Eye .....	45
Employers who Prefer Non-Alcoholized Workmen .....	73
Federation Exhibit at Baltimore, Washington, Buffalo, Chicago .....	21
Federation Exhibit at First Congress of Safety and Sanitation .....	51
Mental and Physical Defectiveness .....	59
More Deaths from Alcoholism than from Typhoid or Small Pox .....	61
Store Window Exhibit .....	19
Tobacco and School Records.....	100a

### ARTICLES.

Abstinence Movement in a German University (Holt) .....	47
Advertising Columns for Education, Using.....	22
An Epoch-Making Lecture (Transeau).....	81
Alcohol .....	
and Body Heat .....	79
and Efficiency .....	73
and Heredity .....	5
and Mountain Climbing .....	12
Barred from the Navy .....	107
Housing Conditions .....	111
Not a Stimulant (Chapple) .....	3
Victims in the Land of Beer .....	37
Alcoholism .....	
and Divorce .....	1
and the Social Derelict (Wills).....	6
An Investigation of the Alcohol Factor in Social Conditions .....	101
Anti-Alcohol Propaganda, a New Method of.....	108
Athletics as a Preventive of Intemperance (Dorn)..	63
Balkan War, Alcohol in (Popovic) .....	45
Baseball, The Secret of Success in.....	116
Beer, Alcohol Victims in Land of.....	37
Beer Garden Versus Genuine Home Life, The..	60
Bismark's "Diabolus Germanicus" (Transeau) ..	83
Body Heat and Alcohol .....	79
Cancer, The Prevention of .....	108
Christian Citizenship vs Drink—Bishop Lawrence..	117
Cigarette Smoking Ban for the Soldiers .....	99
Cigarette Smoking, What Connie Mack thinks about ..	99
Combined Dispensaries for Alcoholics and Lung Patients .....	107
Common Misconceptions, Some (Whittemore)....	87
Council of One Hundred .....	27
Crime, Where Bred .....	78
Dance Halls, Alcoholic Liquors in (Bowen) ...	103
Defective Offspring from Alcoholized Dogs ....	5
Degeneracy, Hungary's Proposal to Check Mental..	57
Did It Pay?.....	111
Divorce and Alcoholism .....	1
Doctors' Greatest Responsibility, The (Scharlieb)...	2
Drink and Christian Citizenship (Bishop Lawrence)	117
Drink pushed back as a Safety-First Measure (West)	52
Drunkenness, What the State can do toward the Prevention of, (Stoddard) .....	13
Editorials .....	
Barleycorn, John, a poor Room-mate.....	39
Behind the Machine, The Man.....	64
Dishonesty and Drink as Factors in Crime..	38
Journal's Message of Six Years Ago, The ..	27
Miss Stoddard Still Ill.....	113a
More Newspaper Plans .....	26
New Weapons in the Armory .....	27
One of the Great Questions of the Age.....	66



Scientific Temperance Federation's Part in Education .....	24	Smoked as Well as the Smoker Affected....	91
State's Arithmetic Lesson, The .....	65	Smoking and Mental Efficiency .....	95
Tobacco and Serious Mental Disorders.....	96	Unexpected Demonstration, An .....	1a
Twin Evils .....	38	Value of the Greek Soldier's Sobriety .....	63
Education		Village of a Thousand Souls, A .....	55
Advertising Columns, Using for Education ..	22	Vision, Effect of Alcohol on (Transeau).....	106
Health Conservation through Education, (Harrington) .....	36	What the State Can Do Toward the Prevention of Drunkenness, (Stoddard) .....	13
How to Abate a Great Evil (Harris).....	86	What We May Expect from Preventive Education (Canfield) .....	58
One City's Temperance Education (King)...	76	When Emotion Takes a Hand.....	112
Physician's Responsibility in Education ...	29	Where Crime is Bred .....	78
School's Chance, A.....	74	Why the Editor is Absent (Wills) .....	77a
Scientific Temperance Federation's Part in Education, The .....	24	Wide World Notes .....	109
Temperance Education in Massachusetts....	85	REFERENCES.	
Warrant for Temperance Education, The..	71	Abstainer's Demonstration in Hamburg .....	1a
Effects of Alcohol on Vision, The (Transeau) ...	106	Health of, In War.....	46
Effects of Smoking on School Grades .....	98	In German Universities .....	47
Efficiency and Alcohol .....	73	Alcohol and	
Exhibits, Store Window, (Stoddard) .....	18	Accidents .....	33
Exhibit, Snap Shots, (Wills).....	30	Army experience .....	45, 63
Traveling, The .....	21	Body Heat .....	82, 88
Every Day Incidents .....	110	Dishonesty .....	38
Feeble-mindedness, Michigan's Partial Survey of..	57	Disease .....	46
Formulas of Success .....	73	Efficiency .....	12a, 73
Heredity, Alcoholic .....	5	Endurance .....	46
Housing Conditions, Alcohol .....	111	Fatigue .....	82
Hungary's Proposal to Check Mental Degeneracy	57	Feeble-mindedness .....	57
Industry Barring Drinkers from Promotion.....	115	Health .....	13, 14, 38, 46
John Barleycorn, alias Jimmy Valentine.....	118	Heredity .....	1a, 2, 4, 5, 42, 62, 89
John Barleycorn Never Helps.....	43	Immigration .....	119
Journal's Message of Six Years Ago, The .....	27	Mortality .....	49
Kassowitz, Prof. Max (Transeau) .....	7	Public economy .....	65, 77
Leading Articles		Public health .....	13, 84
Balkan War, Alcohol in (Popovic) .....	45	School children .....	
Divorce, Alcoholism and .....	1	Social burdens .....	36, 62, 63, 65, 77
Drink Costs a Great Commonwealth, What ..	77	Social Conditions .....	102
Drink's Significance to Labor in Industrial Accidents (Transeau) .....	33	Social Evil .....	38, 103
Drnkenness, What the State can do towards Prevention .....	13	Student drinking .....	39, 47, 50
Labor in Industrial Accidents, Drink's Significance to (Transeau) .....	33	Tuberculosis .....	50
Measled by Results (Transeau).....	119	Waste .....	1a
Pre-Natal Influence of Narco-Stimulants, A Study of (Hickman) .....	89	Wounds .....	47
Prevention of Drunkenness, What a State can do towards .....	13	Alcoholism and	
Social Conditions, An Investigation of the Alcohol Factor in .....	101	Beer .....	37
What Drink Costs a Great Commonwealth.	77	Campaign against in Germany.....	63
Liquors in the Dance Halls (Bowen) .....	103	Crime, .....	37, 38, 78
Measured by Results Transeau).....	119	Children .....	112a
Michigan's Partial Survey of Feeble-Mindedness ...	57	Family life .....	9, 40, 60
Moderate Drinker as a Seducer, The .....	84	Foreign born .....	35, 119
Modern Thirty Years' War, A .....	63	Germany .....	37
Mountain Climbing and Alcohol .....	12	Literature on .....	66
Navy, Alcohol Barred from .....	107	Beer, dangerous and seductive drink.....	2, 83
Narco-Stimulants, Pre-natal influence of (Hickman)	89	Bunge, Prof. G. von, Lecture on Alcoholism .....	81
Newspaper Plans, More .....	26	Caruso Against Cigarettes.....	100
New Weapons in the Armroy, The .....	27	Drinking customs must be abolished .....	87
Noted by the Medical Journals .....	107	Exhibits .....	16, 18, 21, 25, 51, 71
Pictures from Switzerland .....	8	Food, should be appetizing .....	83
Plumbism or Alcoholism? (Hill) .....	80	Girls, downfall of through drink .....	38
Poverty, How the Family Was Saved from, (Wills)	40	Infant Mortality .....	115
Pre-Natal Influence of Narco-Stimulants (Hickman)	89	Italy, drink in .....	35
Prevention of Mental Death, The (Elwood) ...	54	Kansas under prohibition .....	7
Promising Year, A .....	66	Library, Scientific Temperance Federation .....	24
Regulation of Public Bars, The .....	108	Prohibition results in Kansas .....	7
Rest, The Right and Wrong Way to.....	112	Publicity methods .....	23, 26, 104, 108
Safety First .....	51	Saloon results .....	111
Sale of Alcohol to Railway Employees Forbidden, The .....	108	Spirit monopoly in Russia .....	62
School Law, The Teacher's Opportunity.....	32	Stimulant, Alcohol not a .....	3
Scientific Caution, The Matter of.....	113	Temperance instruction in the schools, Massachusetts Commission on Drunkenness.....	85, 86
Signs that Immigration Affects our Drink Rate (Transeau) .....	35	Tobacco and	
Social Conditions, An Investigation of the Alcohol Factor in (Blaklock) .....	101	Anemia .....	100
Social Derelict and Alcohol (Wills) .....	6	Boy scouts .....	97
Social Welfare Funds, The Leak in.....	3	Cancer of Mouth .....	99
State's Arithmetic Lesson, The .....	65	Mental disorders .....	96
Stimulant, Alcohol not a (Chapple) .....	3	Scholarship .....	98
Study of Causes, A (Transeau) .....	49	Turks not abstainers .....	45
Study of the Pre-Natal Influence of Narco-Stimulants, A (Hickman) .....	89	Uruguay, Drink in .....	110
Switzerland, Pictures from .....	8	Williams, Dr. E. H., criticisms by.....	113, 119
Temperance Campaign, A (Brown) .....	104	CLASS-ROOM HELPS.	
Temperance Enlightenment in Pennsylvania.....	87	Alcohol and Accidents .....	71
Tobacco and Cancer of the Mouth.....	99	Alcohol to keep out the cold .....	88
Tobacco Discussion, A.....	93	Making Temperance and Thrift Attractive .....	10
Habit, The .....	12a	School Compelled to Defend Itself (Crote) .....	72
Slave, Remedy for the .....	99	Warrant for Temperance Education, The.....	71
		STORIES.	
		Great Soldier's Word of Honor, A .....	11
		Kate Dorman—Worker .....	42
		Teacher's Awakening, A .....	68
		What Came of Disobeying the Priest.....	4
		BOOK TABLE.	
		Accident Prevention and Relief .....	75
		Fatigue and Efficiency .....	75
		Leviathan .....	112a
		The Sexual Life of the Child .....	75
		Overton's Hygiene Series.....	113a



(Continued from page 112a.)

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